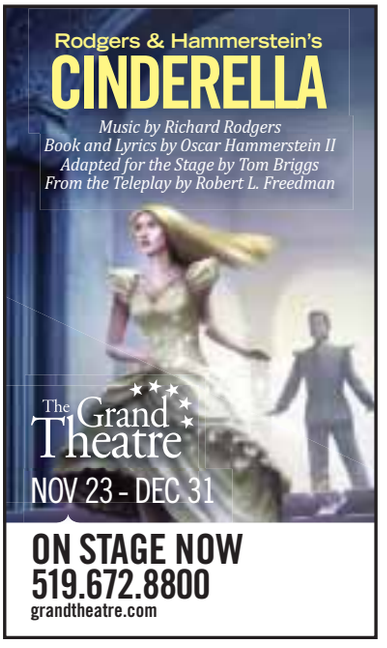
GET YOUR JINGLE ON AND GET A HEAD START ON THE HOLIDAYS WITH OUR GIFT GUIDE {pages 19-26}

MOVEMBER KNIGHTS

HAIRY TIMES FOR THE HOME TEAM

{page 4}



LONDON metro®

Weekend, November 25-27, 2011
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News worth sharing.

All atwitter over Twittens

Named for the social-media craze, these new gloves created by a Londoner aim to make winter texting easier — and warmer Inventor admits it seems silly, but says demand is high with about 10,000 sales so far

ANGELA MULLINS
@METRONEWS.CA

Two years ago, Lincoln McCardle was a part-time Western student tired of freezing his fingers on cold winter days.

Now he's the face behind Twittens — a perfectly cozy fit for social-media nuts and everyone else who is tired of fumbling for keys, change and smartphones in fat-fingered gloves.

"Honestly, all I wanted when this started was to change the song on my iPod without taking my glove off," McCardle, 39, of London, said about the product's humble roots.

"I went from wanting a pair to emailing all these Canadian glove manufacturers with an idea."

Twittens — which are being rolled out in stores nationwide this winter — are a take on the fingertip-less gloves that have been on the market for a while. Instead of having the ends cut off all 10 fingers, McCardle's gloves have removable tips on the thumbs and index fingers only.

The idea was born partly out of vanity, McCardle said.

"I kept seeing all these girls walking (around the Western campus) with the other (fingerless) gloves, and I said to myself, 'How would a 40-year-old man look in those?' My idea had only the forefinger cut off at first. My brother-in-law, a BlackBerry junkie, suggested adding the hood to the thumb as well."

One hood, two hoods, whatever. The idea caught on with glovemakers.

Within a month of floating the proposal to manufacturers in late 2009, McCardle had signed a production deal with Impacto, a Belleville, Ont., company that specializes in workplace-safety gear.

The first prototype of the gloves — sent to McCardle in June 2010 — looked more like something you might see at an industrial safety demonstration.

"They had these big long arms that went up to your elbows, and this heavy material," McCardle said.

After a smart redesign, Twittens were officially born last November. With the timing a bit short for winter 2010, the gloves were available only to a limited market.

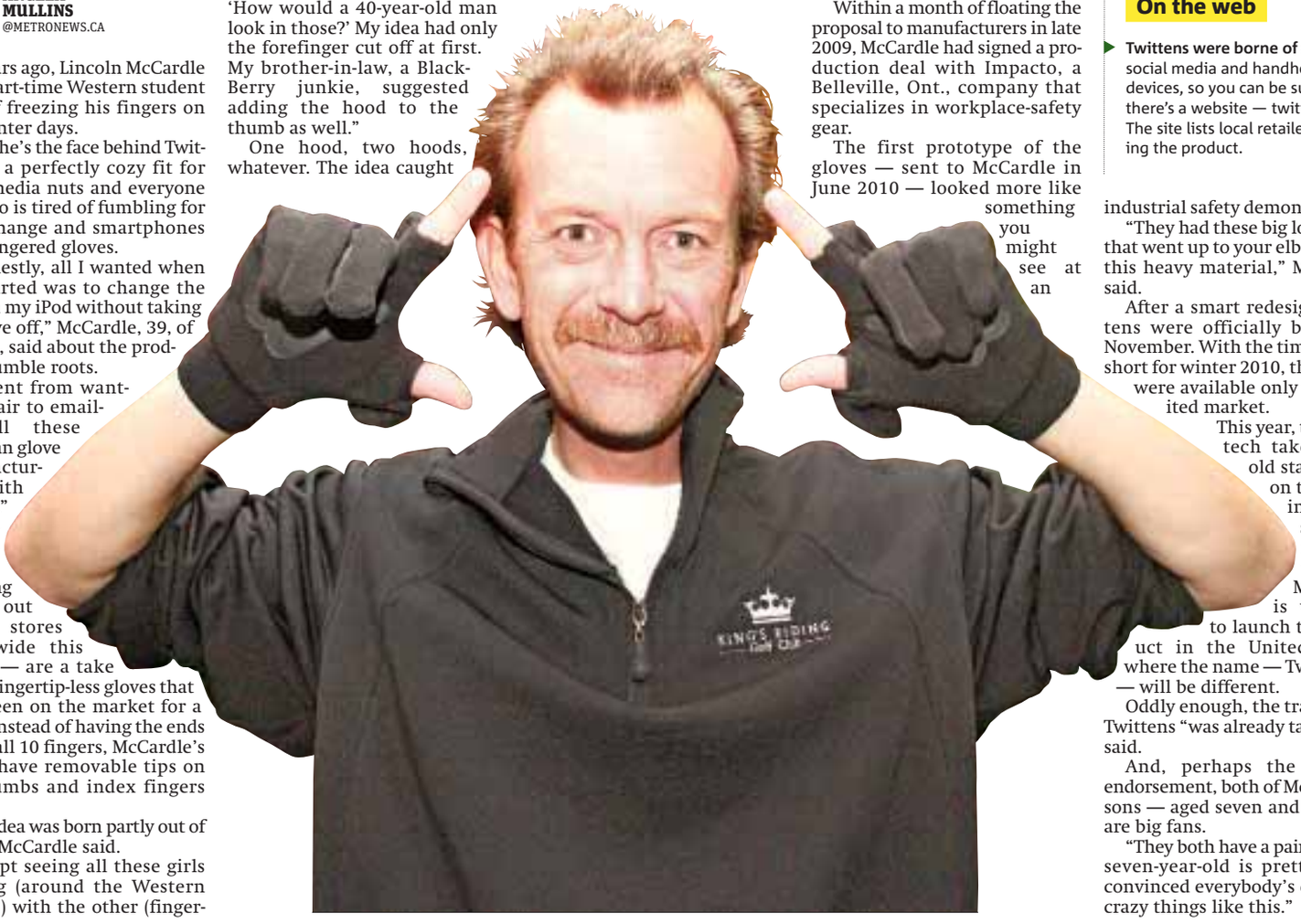
This year, the high-tech take on an old standard is on the racks in 200 stores nationwide.

McCardle is working to launch the product in the United States where the name — Twittmitts — will be different.

Oddly enough, the trademark Twittens "was already taken," he said.

And, perhaps the biggest endorsement, both of McCardle's sons — aged seven and three — are big fans.

"They both have a pair, and my seven-year-old is pretty much convinced everybody's dad does crazy things like this."



On the web

- **Twittens were borne of a** love for social media and handheld devices, so you can be sure there's a website — twittens.ca. The site lists local retailers carrying the product.

1 news

When you're eating a can of tuna, you're having a version of an experience that humans have been having for some 42,000 years. Scan the code for the story.

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On the web at metronews.ca

Record-setting snow accumulation in Newfoundland brings fall to a screeching halt. Video at metronews.ca/video

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ANGELA MULLINS/METRO

▶ Dulux paint employee Megan Grove does some trim work Thursday at the London Coffee House at 538 Dundas Street. The bland walls of the coffee house, which serves as a drop-in centre for people, including those who are homeless or have mental-health issues, was getting a makeover in a variety of green shades.

A brighter 'home away from home'

Dulux paint program considered a huge boost for people at Dundas Street drop-in centre

Let's Colour effort started as a way to freshen up nonprofits and community agencies

ANGELA MULLINS
@METRONEWS.CA

One needed to look no further than the London Coffee House on Thursday to see how much a fresh coat of paint can mean.

Clients of the Canadian Mental Health Association drop-in centre peered through the building's windows as a crew from Dulux paint store worked inside.

"Hurry it up! Get it done by tonight," one man urged, a wide grin spreading across his face.

For the anxious onlookers, the volunteers were painting more than a community resource.

"This place is their home, and they treat it as such," said Marni Thomson, the coffee house's team leader. "They're often outside cleaning up, raking … gardening."

The Dulux effort was part of a worldwide initiative that will see $1 million in free paint spread onto walls of Canadian buildings. Work at the coffeehouse marked the fourth project in London.

Pictures taken before and after each assignment have shown extraordinary transformations, said Megan Grove, who works at Dulux's store on Fanshawe Park Road.

"You just go from very drab to very bright and cheery," she said. "It's a new way of looking at the place you're in."

The makeover was a true blessing for the coffee house, Thomson said.

Started by a nun in 1983, the drop-in centre helps a variety of people, including those who are homeless, those with mental-health issues and those who simply need a reason to get out of their own homes.

Simply put, the coffee house is "for those people who fall through the cracks," Thomson said.

While a communal coffee pot — doling out about 350 cups of java every two hours — serves as a namesake, the facility offers a variety of programming and social groups.

Let's Colour

▶ Dulux still is accepting nominations for buildings that need a little attention. For details, visit dulux.ca.

ANGELA MULLINS/METRO

"This is their chance to have a place."
MARNI THOMSON, LONDON COFFEE HOUSE TEAM LEADER

Budget documents get an A

The City of London's budget documents are among the most transparent of any municipality in Canada, a new report from the C.D. Howe Institute says.

The report examined 10 years of budgets for Canadian municipalities with a population of more than 250,000 or a budget of at least $500 million.

The report ranks cities on two main criteria: Transparency and accuracy. The report focused on municipal budgets from 2001 to 2010.

The institute gave letter scores to cities across the country, and London was one of three cities to earn an A. Markham and Surrey, B.C., also had As.

METRO

London CANADA

News in brief

Festive RIDE kicks off

It's holiday party season, and police are reminding everyone not to drive if alcohol consumption is part of your festivities. London police, provincial police and other area police services will launch the Festive RIDE program at 11 a.m. Friday. METRO

Santa Claus is coming to town

The Hyde Park Lions Club is hosting a Santa Claus parade on Saturday. The parade will start at 11 a.m. at the Gainsborough Road entrance of Sherwood Forest Mall and will travel west along Gainsborough from Wonderland Road.

METRO

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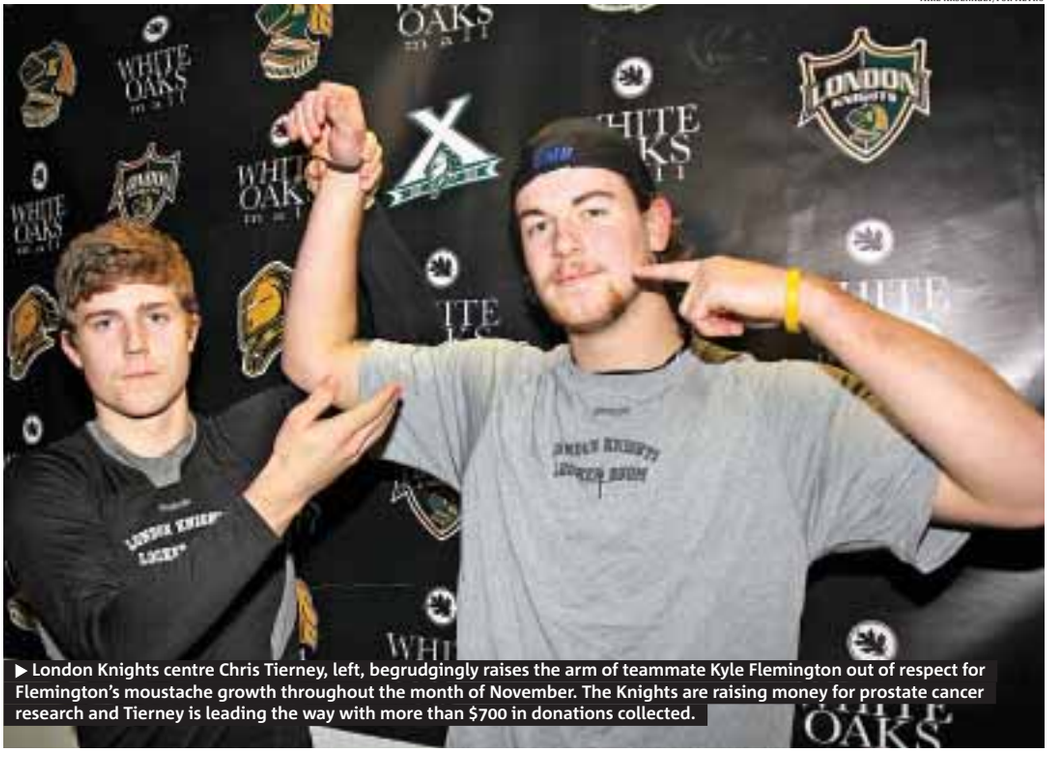
Some Knights are better armed for Movember

Older guys have an advantage: Teen player Annual fundraiser supports prostate cancer research Donate to your favourite team at movember.com

MIKE ARSENAULT/FOR METRO



▶ London Knights centre Chris Tierney, left, begrudgingly raises the arm of teammate Kyle Flemington out of respect for Flemington's moustache growth throughout the month of November. The Knights are raising money for prostate cancer research and Tierney is leading the way with more than $700 in donations collected.

MIKE ARSENAULT
LONDON@METRONEWS.CA

While Tom Selleck is widely considered to be the personification of moustachioed greatness, the London Knights have made a valiant attempt this Movember.

The team has done its part in raising awareness and money for prostate cancer research, led — in money raised, not number of whiskers — by centre Chris Tierney.

The 17-year-old is far and away the Knights' leading fundraiser with more than $700 in donations collected.

"The moustache is a fun way to raise awareness," Tierney said. "(Prostate cancer) really hits men hard. I know a couple people who've had it, so I wanted to do my part and try to make a difference."

The undisputed moustache kings of the locker-room are Colin Martin and Kyle Flemington. Vladislav Namestnikov and Tommy Hughes were singled out for having weak efforts.

Age seems to be playing a large part in whisker growth.

"The older guys definitely have an advantage over some of us younger guys," Tierney said.

Unfortunately, whispers of "juicing" dogged unnamed members of the team.

"Some guys have dyed their moustaches," Tierney said. "There is some cheating going around."

More importantly for the Knights: What do the girls at school think of the facial growth?

"The girl I'm seeing seems to dig it, so maybe I'll keep it around," Flemington said.

Knights info

- The Knights host the Barrie Colts on Friday at 7:30 p.m. at the JLC (tickets at londonknights.com)
- They visit Erie to take on the Otters on Saturday at 7 p.m., then it's off to Brampton for a 2 p.m. tilt Sunday against the Batallion
- London is still the top-ranked team in the CHL

Rippers ready to play hardball with city

London Rippers owner David Martin has met with his lawyers and says he's ready for a fight if the city tries to turf the team from Labatt Park.

Martin has suggested court action if any moves are made to try and revoke the $50,000 deal to bring the baseball team to Labatt Park.

Some experts say in the end, it could end up costing the city up to $200,000 in legal fees.

Councillors mulled the decision earlier this week, but ultimately decided not to move forward with any legal action.

Martin has also suggested he's willing to meet with Mayor Joe Fontana to discuss the possibility of a logo change due to its similarities to serial killer Jack the Ripper.

The idea for a new professional baseball team was first pitched to a city committee back in September and was approved by council in early October much to the chagrin of the London Majors. **AM980/AM980.CA**

TORI STAFFORD

Abducted girl's mom in court

The mother of slain Woodstock girl Tori Stafford made a brief court appearance Thursday on a drug charge.

Tara McDonald and co-accused James Goris had their cases adjourned until Dec. 22.

They were charged in September with possession of drugs and property obtained by crime.

Eight-year-old Tori Stafford was abducted and killed in April 2009. **THE CANADIAN PRESS**

New Sarnia bridge may open as early as next week

The new Sarnia Road Bridge will likely be open to traffic next Wednesday afternoon.

The project has been ongoing since March.

Ted Koza, the city's construction administration engineer, says they hope to have the bridge open for the afternoon rush Nov. 30. He says crews are now working on area street lights and will soon put up guard rails and pour slope protection materials near the CP Rail tracks.

There will also be more finishing touches in the spring like further landscaping.

Koza says getting the new bridge up and running is going to do a lot for traffic flow in the city.

"It's a very important corridor for the northwest section of London," he said. "The new structure replaces the century-old, single-lane bridge that over the years created a lot of havoc with construction and maintenance issues and closures."

Koza says the new bridge will provide unrestricted access for motorists and cyclists alike. **AM980/AM980.CA**

Buzz. Cut

▶ London Firefighter Chelsey Kit buzzes away at District Fire Chief John Scott's handlebar 'stache Thursday during a Movember wrap-up celebration at the Alibi Roadhouse (25 Oxford St. W.).

CONTRIBUTED

Honouring a lost fighter

About 60 firefighters participated in this month's campaign to raise awareness about prostate cancer. The team has tallied about $10,000 in donations with money expected to continue rolling in for at least several more weeks. The firefighters dedicated the effort to John Nye, a 17-year department veteran and a prostate cancer survivor.

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Pedal. Power

▶ A woman cycles through the University of Western Ontario campus Thursday, taking advantage of what could be one of the last dry days in the foreseeable future. Environment Canada is calling for sunny skies Friday, but rain is expected to move in Saturday, hanging around until at least the middle of next week.

ANGELA MULLINS/METRO

Gloomy weather expected to move in

Library won't filter computers for porn

Library officials maintain their stance that filtering pornography could restrict information, hinder research

ANGELA MULLINS
@METRONEWS.CA

The London library board sided with staff Thursday, voting to keep computers unfiltered for pornography.

The unanimous approval of the library's Internet service policy will maintain the status quo — limiting filtering software to only some computers, mainly those used by youths and those set aside for specific purposes like job searches.

Megan Walker, executive director of the London Abused Women's Centre, who helped lead a campaign to oust porn from the library, said there was at least one success — board members' unanimous support of a proposal that would block extremely violent websites from computers used by youths, Walker said.

The library board has considered the pornography issue before, but Walker raised it most recently in August. Before making a graphic presentation about pornography at the library board's October meeting, Walker won support for the issue from city councillors.

Nancy Branscombe and Matt Brown, council's representatives on the library board, both supported the council motion this summer.

Brown, speaking after Thursday's vote, said he did what he and other councillors approved — considered the issue.

In the end, he decided filters are being "deployed correctly" given existing provincial and federal legislation.

London to host Rick Hansen celebration

In celebration of the 25th anniversary of Rick Hansen's Man In Motion world tour, a cross-country relay is coming to Victoria Park on Friday and will participate in the Lighting of the Lights.

The celebration begins at 6 p.m.

The symbol that links each participant to the next is the Rick Hansen Medal. Darda Jane Sales will be the final medal bearer for London. She'll carry the medal into Victoria Park and onto the stage where she'll address the crowd.

Sales is a three-time paralympian swimmer, 2000 gold medalist in the 4x100 relay and a member of the Canadian National Para Swimming team since 2000. She is also a coach, motivational speaker and co-chair of the Accessible Sport Council in London and area.

TORSTAR FILE

▶ Rick Hansen

The relay will enter London through the Lambeth area at about 4:30 p.m. Police will escort the relay from Longwoods Road to Southdale Road onto Wellington Road through the London Health Sciences campus, then back onto Wellington, all the way to Victoria Park until approximately 6:30 p.m.

Although roads won't be completely closed, this event will create some traffic delays in the direction of the relay.

For more information visit rickhansenrelay.com.

METRO

Relay facts

1. Began Aug. 24, in Cape Spear, N.L. and concludes in Vancouver, on May 22, 2012.
2. Retraces the original Man In Motion cross-Canada tour, spanning 12,000 kilometres.
3. Will travel through more than 600 communities and reach more than 70 per cent of the Canadian population.
4. There will be approximately 7,000 participants who will collectively cover an average of 40 to 80 kilometres daily.

Few days left to play Win A Million

There's still time to get a ticket for this year's Win A Million Lottery in support of London Health Sciences Centre. The ultimate grand prize is a million dollars, and there are also eight grand prizes including cars, trips, cash and jewelery. Each grand prize has an all-cash alternative ranging from $10,000 to $100,000.

This year's Win A Million Lottery may prove to have the best odds yet to win: The lottery is just 60 per cent sold. At this percentage, the odds of winning significantly increase. Final ticket sales close at midnight Nov. 29.

The final draws will start with the eight grand prizes drawn Dec. 19. The ultimate grand prize of a million dollars will be awarded Dec. 20.

Tickets are $50 each, three for $100 or nine for $250 and can be purchased at participating Shoppers Drug Mart stores, at the London Health Sciences Centre office (747 Baseline Rd.), by phone at 519-488-9898 or at winamillionlottery.ca.

METRO

For more local news visit metronews.ca/london

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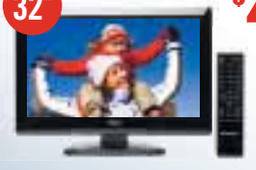

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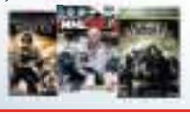

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FERRERO ROCHER (300g) or COLLECTION (249g) CHOCOLATES
Rest of Week $11.99

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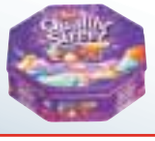

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SAVE BIG!

Web to get deeper, more interactive

One Millionth Tower called tip of iceberg in a big creative explosion

Today's World Wide Web is Flat Stanley, while its soon-to-arrive successor is more like Avatar in Imax 3-D.

Thanks to pioneering work being done in Toronto, our daily online experiences are on the verge of becoming a lot deeper and more interactive.

The new web is not a flat surface to surf over, but an immersive place, like a game, where people will navigate through a rich mix of video, photos, text and live data.

"This is like 1947 with television," says National Film Board producer Gerry Flahive says of the pivotal change.

Three weeks ago, the NFB released a taste of the riches to come, in the world's first immersive documentary, One Millionth Tower.

"It's a new box, new playground and a new language," says Flahive. "I'm excited by how it's expanding storytelling."

TORSTAR NEWS SERVICE

Open code

- The fifth generation of hypertext markup language (HTML5) allows software developers to embed video and live data (from the Weather Network, to Facebook and Twitter) without resorting to expensive and time-consuming plug-ins.
- HTML5 is known as open code, meaning that anyone, anywhere — basement hackers and professional programmers — can play with it and create new applications.

Lottery. Winners

▶ Don and Linda Ingram display their $50-million lottery cheque on Thursday in Toronto.

COLIN PERKEL/THE CANADIAN PRESS

50 million reasons to smile

Don, 53, and Linda, 59, of Oshawa, Ont., say they will now retire from work as restaurant cooks, buy a "comfy" home and help their two grown children.

Shock ads put baby in bed with cleaver

The poster images are meant to shock: a diapered, cherubic baby sleeping on his stomach in an adult bed, a butcher knife next to him. In another, a rosy-skinned infant lightly fingers the handle of a cleaver.

"Your baby sleeping with you can be just as dangerous," reads the doom-saying tagline.

The posters were unveiled in early November by Milwaukee's health department as part of a campaign to lower the city's infant mortality rate — currently 10.4 deaths for every 1,000 live births — by 2017.

The campaign tackles bed-sharing, a nurturing practice in which babies share a bed with their parents, suggesting that Sudden Infant Death Syndrome (SIDS) can occur if an infant becomes trapped underneath an adult, between the mattress and a wall or smothered in sheets or pillows.

A common cause of death stemming from bed-sharing is asphyxia, or oxygen deficiency, according to Toronto Public Health.

A 2010 study by UNICEF's Baby Friendly Initiative found that "the prevalence of breastfeeding was significantly higher among groups that shared beds constantly or early for each of the first 15 months after birth.

TORSTAR NEWS SERVICE

HANDOUT

▶ The Milwaukee health department caused a stir with its shock campaign suggesting that sleeping with one's baby is just like putting the baby in bed with a meat cleaver.

Controversy

- Parents and breastfeeding advocates say the sensationalized ad campaign overstates the risks considerably.
- The ads have stirred controversy among some pediatricians who claim bed-sharing promotes parent-infant intimacy or breastfeeding, which provides the baby with nutrients.

Shafia girl wanted to run from home

A court in eastern Ontario is hearing that 13-year-old Geeti Shafia allegedly killed by her Montreal family became "furious" when a teacher said it wasn't a good idea for her to run away from home with her 17-year-old sister.

THE CANADIAN PRESS

Concrete waterfall in Montreal

For a brief moment Thursday morning, downtown Montreal had its own waterfall made of cascading liquid concrete.

The concrete was being poured onto the site of the Universite de Montreal's new super-hospital when, according to witnesses, a mould snapped and the wet concrete plunged 13 storeys onto passing vehicles.

THE CANADIAN PRESS

Substitute teacher faces sex charges

A 51-year-old Ottawa substitute teacher is facing sex charges arising from alleged incidents involving an eight-year-old girl.

Yussef Benabdallah-Chaouni is charged with two counts of sexual assault and two counts of sexual interference. THE CANADIAN PRESS

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Chalk one up to the rivals: Liberals lose key HST vote

Opposition-backed home heating bill passes second reading 54-50

Ontario's new minority parliament saw its first showdown in the legislature Thursday — and there are more fireworks to come.

An opposition-backed private member's bill to slash the HST on home heating passed second reading.

The victory was achieved despite a show of force by the minority Liberal government, who've vowed to block it from becoming law.

Yet Premier Dalton McGuinty said he's hoping to get opposition support on a government bill that would provide a home-renovation tax credit for seniors.

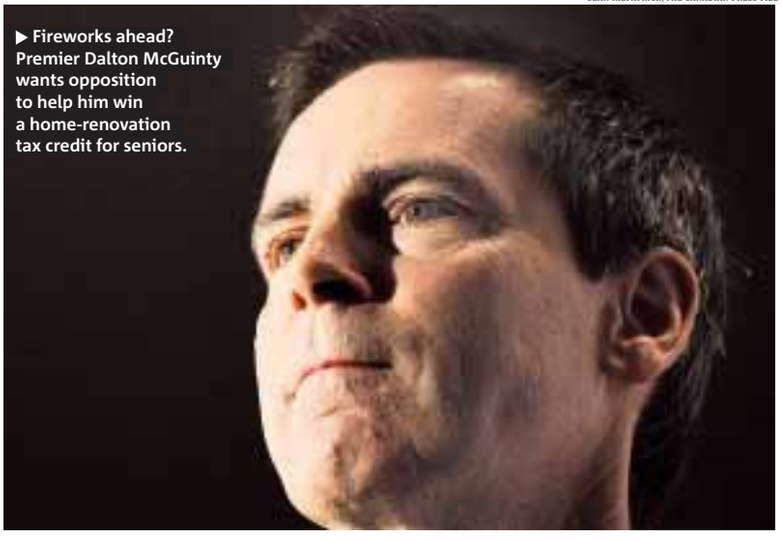
The NDP's private member's bill to remove the provincial portion of the HST from home heating bills passed Thursday's crucial vote 54-50 with the help of the Progressive Conservatives, and was sent to committee.

NDP Leader Andrea Horwath said she hopes the minority Liberals won't block the bill from third and final reading, even though they've said they will.

Full house

- Almost all the members took their seats for the vote, including Premier Dalton McGuinty, even though the Liberals said they wouldn't whip members into attending.
- Only two MPPs were missing: Niagara Falls Liberal Kim Craitor, whom party whip Jeff Leal said was attending a funeral, and Health Minister Deb Matthews, who's in Halifax for a health ministers' summit.

SEAN KILPATRICK/THE CANADIAN PRESS FILE



▶ Fireworks ahead? Premier Dalton McGuinty wants opposition to help him win a home-renovation tax credit for seniors.

"If the majority of members in this house want something done, then certainly they should respect the people of Ontario to make sure that that gets done," she said.

"We're hoping we'll see the government start to live up to its commitments around working together and doing things differently."

Tory critic Peter Shurman called it a victory for the opposition parties, who campaigned on cutting the HST and hold 54 seats in the 107-member legislature.

"A majority of Ontarians have spoken about what it is they wanted," he said.

THE CANADIAN PRESS

Duncan's quip called callous

The Liberal government was "callous and uncaring" in its response to a question about lengthy delays in surgeries for children at a Hamilton hospital, the opposition parties said Thursday.

During question period, NDP Leader Andrea Horwath wanted to know why children are waiting months longer than recommended for surgeries in a new pediatric unit.

Deputy premier Dwight Duncan delivered a partisan shot at Horwath, who came under fire during the fall election for claiming her son didn't get proper medical attention while at a Hamilton hospital.

"It is good to see the leader of the third party standing up for that hospital that she had so attacked in the election," quipped Duncan.

"I was quite shocked," Horwath said later.

THE CANADIAN PRESS

Is a B.C. bank key to a $200M mystery?

Amateur sleuth Galen Cook believes the answer to America's only unsolved hijacking lies in a Vancouver bank vault.

That's where the mysterious D.B. Cooper stashed $200,000 in extorted cash after parachuting out of a 727 jet 40 years ago Thursday, Cook says.

And the outlaw's son agrees with him.

Greg Gossett said he's "totally certain" his father, military veteran William Gossett, was D.B. Cooper.

Greg Gossett said his father once pulled a FBI sketch of D.B. Cooper from a locked file drawer and asked if Greg recognized the man.

Gossett said he told his father it looked like him. And he said his father — who died in 2003 — acknowledged he was D.B. Cooper.

Cook, an Alaskan lawyer, is convinced William Gossett hid his money in a safety deposit box in a bank in Vancouver's Chinatown.

And Cook has spent years trying to track down the keys.

"This is one of the most intriguing unsolved crimes ever," Cook said.

THE CANADIAN PRESS

TERRI THEODORE/THE CANADIAN PRESS

▶Galen Cook compares pictures of U.S. hijacker D.B. Cooper and suspect William Gossett. Cooper parachuted out of a jet with a fortune. Gossett had parachuting experience.

Spidey. Takes Times Sq.

▶ A giant Spider-Man balloon thrills the Times Square crowds on Thursday. Two other balloons that were also hits: Snoopy and a jetpack-wearing monkey.

ANDREW BURTON/THE ASSOCIATED PRESS

The web-slinger wows 'em

Macy's Thanksgiving Day Parade made its annual appearance through the streets of New York on Thursday — for the 85th year. It featured more than 40 balloon creations, 27 floats, 800 clowns and 1,600 cheerleaders.

Store guard threatened a tot

A grocery store security guard in Everett, Wash., has been fired after telling the father of a four-year-old girl she'd face criminal charges for grabbing a dried fruit package and eating some fruit.

Safeway said the company was appalled by the guard's actions.

THE ASSOCIATED PRESS

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Libya. They did Canada proud

▶ A "thank-you" salute from Ottawa: Gov. Gen. David Johnston inspects Canadian troops on Parliament Hill Thursday during a ceremony to honour those who took part in the Libya campaign.

FRED CHARTRAND/THE CANADIAN PRESS

Well done! Our soldiers get the official high-five

Prime Minister Stephen Harper and Gov. Gen. David Johnston paid warm tribute to the military Thursday for its work in the Libyan campaign. The formal Parliament Hill ceremony recognized the efforts of the men and women who took part in the NATO campaign that helped force Moammar Gadhafi from power. Canadian warplanes flew hundreds of missions over Libya in the spring and summer, while warships patrolled offshore.

Survivor of massacre pleads for gun registry

My heart is heavy, she tells Commons committee

The Conservative government is ignoring evidence and common sense in dismantling the long-gun registry, says a survivor of the 1989 Montreal massacre.

Nathalie Provost, an engineer who was shot at the École Polytechnique, told the Commons public safety committee Thursday she's watching with a "heavy heart" as the Tories scrap the registry.

"Long guns are dangerous. And this I know."
NATHALIE PROVOST, MONTREAL MASSACRE SURVIVOR

Provost said: "In 11 days, it will be the 22nd anniversary of the Polytechnique massacre, in which I was injured …

"So it is with a heavy heart that I am witnessing the legislative process that is leading to the dismantling of one of the few positive outcomes of this tragedy: the law that helps save hundreds and hundreds of lives."

THE CANADIAN PRESS

The Tory plan

- The legislation would end registration of common rifles and shotguns and permanently delete more than seven million files.
- The Tories argue the registration of long guns is wasteful and unnecessary. But they support the licensing of gun owners and registration of prohibited and restricted weapons.

Egypt's military rulers say they won't budge

THE ASSOCIATED PRESS

▶ Protesters near Tahrir Square on Thursday.

Egypt's military rulers have rejected protesters' demands for them to step down immediately.

They said Thursday they will start the first round of parliamentary elections on time next week despite serious unrest in Cairo and other cities.

The ruling military council insisted it is not the same as the old regime it replaced.

But the generals appear to be on much the same path that doomed Hosni Mubarak nine months ago — responding to the current crisis by delivering speeches seen as arrogant and using brutal force.

Protesters in Cairo's Tahrir Square say they will not leave the iconic plaza until the generals step down in favour of a civilian presidential council.

THE CANADIAN PRESS

LEHTIKUVA, JANNE KOSKENNIEM/AP PHOTO

▶ The snowless competition slope is seen in Levi, Finland, prior to the World Cup Alpine skiing races being moved to Austria from Finland because of the lack of snow.

Scandinavia's winter woes

Northern countries dealing with unusually warm start to winter

In Sweden, the temperature for November measured 7 C above average

For some reason, Scandinavia is not its frigid self, with unusually warm weather delaying the onset of winter in northern latitudes normally decked in white.

The lack of snow has been bad news for winter sports — World Cup ski races have been dropped, or held on artificial snow, and mountain ski resorts are unable to open.

There are even reports of bird song and blooming gardens in some places typically entering the winter freeze at this time of year. "Some flowers, like roses, have actually begun to blossom for a second time," said Mats Rosenberg, a biologist in Orebro, south-central Sweden. Weather experts say this fall is on track to become one of the warmest on record. THE ASSOCIATED PRESS

Snow storm wallops Newfoundland

It was a savage day, as some Newfoundlanders would say, with record snowfalls that delayed mail, cancelled classes and even took public transit buses off the road.

The southeastern Avalon Peninsula was hit with almost 30 centimetres of snow measured by early Thursday afternoon at the St. John's International Airport.

"This one was pretty severe because it shut down the biggest city in the province," said Environment Canada meteorologist Herb Thoms.

"That doesn't happen often — especially when they're taking the transit buses off the road. That's pretty significant."

25 The previous November snowfall record was set on Nov. 19, 1980 with just over 25 centimetres.

Classes at Memorial University of Newfoundland in St. John's were cancelled, schools and small businesses shut down, some banks were dark, and the winding, steep streets of the historic downtown were quiet and slushy for much of the day.

Public transit buses were temporarily parked until after lunch when service resumed.

THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Occupy activists have occupied the square since mid-October.

Montreal calls time on Occupy camp

The city of Montreal says its tolerance of activists occupying a square in the downtown financial district has ended.

Police are continuing to hand out notices today telling protesters to immediately remove their tents.

One activist says a police officer first handed her a stackful of notices on Wednesday evening and asked her to distribute them.

THE CANADIAN PRESS

News in brief

Anne Frank's home open to public

NETHERLANDS. Paying guests are to be given a one-off chance to view the apartment where Jewish diarist Anne Frank lived with her family before they went into hiding from the Nazis during World War II. THE ASSOCIATED PRESS

Man dies helping deer

CANADA. A Peterborough-area man suffered life-threatening injuries after stopping to help when a deer was killed on a rural road. He was struck by a pickup on Wednesday night. CKQM

VIRUS-INDUCED ASTHMA
A GROWING CONCERN

Rushing a child into an emergency room with constricted airways is a frightening experience to say the least.

Kate Vanderwielen, a mother of three, shares her story about her experience with Salt Therapy.

SALT Therapy

WITH INCIDENCES OF VIRUS-INDUCED asthma on the rise, more people are becoming all too familiar with this harrowing experience.

A growing number of parents are concerned with the health impacts of chemical components in bronchodilators and inhalers. There are natural techniques such as Speleotherapy (salt therapy) as a proactive and effective way to augment and reduce pharmacological treatments.

"I honestly do not know where my family would be without Salt Therapy. My middle child, Owen, was hospitalized three times in his second year of life from common cold and flues which caused him to have serious breathing difficulties. When I was pregnant with my third child and due in the winter, I could not imagine having to go to the hospital with my two year old and newborn baby. I was not comfortable giving him steroids because he did not react well physically and emotionally to them. I decided I would try Salt Therapy as an alternative. Ever since we started going to Salt Therapy with Owen, he has not had to go to the hospital once. We never give him his prescribed daily steroid and we've only been coming here for a year! Even his doctor, who is aware of us going to Salt Therapy and not giving him steroids, is so surprised Owen did not need to visit the hospital this past year. Owen was sick with colds and flues, but there were no visits to the ER! I decided to take my oldest, Lucas, because the results in Owen were incredible. Lucas has mild asthma but would sometimes cough all night long and have coughing spasms. Ever since he has gone to Salt Therapy, his coughing lessened dramatically and my husband and I are not up all night listening to him cough! Not only do I think the salt rooms are amazing for breathing difficulties, I think it cleanses the soul too. I do not have any breathing difficulties but I have found myself to be calmer and relaxed after my visits to the salt rooms. I even think my little baby (who started coming when she was 4 months old) has benefited from coming in ways I may never know. I am truly grateful for Salt Therapy, I do not know where my family would be without it. I am also appreciative of how accommodating Salt Therapy has been towards my whole family; it has been a wonderful family affair!"

About 90% of emergency room visits can be prevented with good asthma control. If you are a parent who is not entirely comfortable with relying strictly on inhaled corticosteroids, the salt rooms provide a different and complementary option.

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Cast of celebs tells U.K. inquiry of press intrusion

Author J.K. Rowling and actress Sienna Miller are the latest to appear before media ethics inquiry

Writer J.K. Rowling and actress Sienna Miller gave a London courtroom a vivid picture on Thursday of the anxiety, anger and fear produced by living in the glare of Britain's tabloid media, describing how press intrusion made them feel like prisoners in their own homes.

The creator of boy wizard Harry Potter told Britain's media ethics inquiry that having journalists camped on her doorstep was "like being under siege and like being a hostage." Miller said years of car chases, midnight pursuits and intimate revelations had left her feeling violated, paranoid and anxious.

"The attitude seems to be absolutely cavalier," Rowling said. "You're famous, you're asking for it."

The pair were among a diverse cast of witnesses — Hollywood star Hugh Grant, a former soccer player, a former aide to supermodel Elle Macpherson and the parents of missing and murdered children — who have described how becoming the focus of Britain's tabloid press wreaked havoc on their lives.

Rowling said she was completely unprepared for the media attention she began to receive when her first book, Harry Potter and the Philosopher's Stone, became a sensation. The seven Potter books propelled Rowling from struggling single mother to one of Britain's richest people.

"When you become well-known ... no one gives you a guidebook," she said.

Prime Minister David Cameron set up the inquiry amid a still-unfolding scandal over illegal eavesdropping by the News of the World tabloid. Owner Rupert Murdoch closed down the newspaper in July after evidence emerged that it had illegally accessed the mobile phone voice mails of celebrities, politicians and even crime victims in its search of scoops.

More than a dozen News of the World journalists and editors have been arrested, and the scandal has also claimed the jobs of two top London police officers, Cameron's media advisor and several senior Murdoch executives.

It has also set off national soul-searching about the balance between press freedom and individual

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

▶ British actress Sienna Miller arrives to testify at the Leveson inquiry at the Royal Courts of Justice in central London on Thursday.

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar
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Oil	Natural gas
+ 0.86¢ US ($97.03 US)	$3.437 (- 2.3¢)

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$1, 695.50 (- 40.0¢)

Formula One boss speaks out at inquiry

Former Formula One boss Max Mosley, who has campaigned for a privacy law since his interest in sadomasochistic sex was exposed in the News of the World, broadened the focus in testimony Thursday, discussing the difficulty of squashing malicious stories in the Internet age.

Mosley successfully sued the News of the World over a 2008 story headlined Formula One boss has sick Nazi orgy with five hookers. Mosley has acknowledged the orgy, but argued that the story was an "outrageous" invasion of privacy.

THE ASSOCIATED PRESS

Canada's asbestos production halted after 130 years

Canada's once-mighty asbestos sector has ground to a halt for the first time in 130 years, as production of the controversial fibre has stalled in both of the country's mines.

A shutdown this month marked a historic milestone for the Canadian asbestos industry, which at one time dominated world production and led to the construction of entire towns in Canada.

Proponents of the industry insist it's far too early to write the obituary on Canadian asbestos; they're hoping to start digging again as soon as the spring.

But for now, amid all the noisy political debates and a dramatic anti-asbestos news conference Thursday on Parliament Hill, Canadian production has quietly and suddenly stopped.

Work halted earlier this month at the Lac d'amiante du Canada operation in Thetford Mines, Que., which followed a production stoppage at Jeffrey Mine in Asbestos, about 90 kilometres away.

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ The Jeffrey asbestos mine is shown in Asbestos, Que., in October.

The future of both mines is unclear.

Jeffrey Mine needs a bank-loan guarantee from the Quebec government before it can start digging a new underground mine. Lac d'amiante du Canada is apparently facing operational obstacles in accessing its mineral.

Canadian asbestos is expected to disappear from the international market altogether in the coming weeks, as the stockpiles at both operations dry up, says Jeffrey Mine president Bernard Coulombe.

The production shutdown is the latest dip for an industry that has long been a shadow of its former self.

Canada gained a reputation as the world's top producer of a once-valuable global commodity that was hailed as the "magic mineral" for its fireproofing and insulating characteristics.

THE CANADIAN PRESS

CRTC limits use of montages

The regulator of Canada's broadcast industries is telling two francophone radio stations in Montreal that they must limit their use of musical montages.

Musical montages are a compilation from a number of songs played without interruption, so that it's counted as a single piece under federal broadcasting rules.

The CRTC says the two radio stations have used too much popular English-language and non-Canadian music in their long montages.

The CRTC's order applies to CKTF-FM, owned by Astral Media, and CKOI-FM, which belongs to Cogeco.

THE CANADIAN PRESS

Canadian wages keep falling

Canadian workers are failing to keep up with the rising cost of living as real wages continue to fall dramatically, new data from Statistics Canada shows.

The agency reported Thursday that average weekly earnings for non-farm payrolls fell 0.3 per cent in nominal terms in September to $872.75 — when the 3.2 per cent inflation rate for the month is taken into consideration, the drop in real wages was more dramatic.

On a year-over-year basis, the increase in earnings was a mere 1.1 per cent, the lowest level of growth since November 2009.

THE CANADIAN PRESS

Korean e-reader challenges traditional LCD displays

A new electronic display is poised to challenge power-hungry LCDs after U.S. mobile chip maker Qualcomm Inc. teamed up with a South Korean bookseller to introduce a new e-reader.

The Kyobo eReader was unveiled this week in Seoul and will reach South Korean consumers as early as Dec. 1, Kyobo Book Centre officials said Thursday.

The e-reader features Qualcomm's 1.0 GHz "Snapdragon" processor, a custom Kyobo application based on Android and a 5.7-inch "XGA" mirasol display.

The introduction of the e-reader jointly developed by Qualcomm and Kyobo signals increasing competition in the global market for tablets.

U.S. online retailer Amazon.com Inc. and bookseller Barnes & Noble Inc. have recently released tablets of their own, Kindle Fire and Nook Tablet, and are challenging Apple's iPad in pricing.

THE ASSOCIATED PRESS

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

▶ Michael Woodford

Ex-CEO wants Olympus to come clean

Olympus Corp.'s former CEO expressed confidence Thursday that justice would be served as Japanese investigators probe the coverup of massive investment losses at the company.

Michael Woodford, who was fired last month, acknowledged the investigation into the huge accounting irregularities that date back decades at Olympus will likely take a long time.

THE ASSOCIATED PRESS

Germany deflects calls for more ECB power

MICHAEL SOHN/THE ASSOCIATED PRESS

▶ German Chancellor Angela Merkel gestures during her speech to Parliament in Berlin on Wednesday.

Germany deflected calls for the European Central Bank to play a bigger role in solving Europe's debt crisis but won the backing of France and Italy to unite the troubled 17-nation eurozone more closely.

Europe's biggest economy and the main financier of the eurozone's three bailouts has argued against allowing the ECB to use its firepower to ease a debt crisis that's shown alarming signs recently of spreading to big economies, like Italy.

Instead of using the ECB's cash-printing power, the eurozone's richest countries decided to use political tools to dig their way out of the crisis: Germany and France agreed Thursday to push for changes to EU treaties to bring the eurozone's economic policies more in line with each other.

"In the treaty changes, we are dealing with the question of a fiscal union, a deeper political co-operation.... There will be proposals on this, but they have nothing to do with the ECB," German Chancellor Angela Merkel said Thursday in Strasbourg, France after meeting with French President Nicolas Sarkozy and Italy's new premier Mario Monti.

Many think the ECB is the only institution capable of calming frayed market nerves and Merkel's continued dismissal of a greater ECB role knocked market sentiment and stocks all round Europe fell again after a morning rebound. THE ASSOCIATED PRESS

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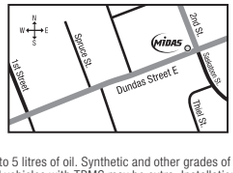

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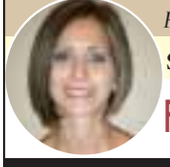

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News in brief

Weekly earnings down in September

Average weekly earnings of non-farm payroll employees declined 0.3 per cent to $872.75 in September.

Statistics Canada says average weekly earnings were up over a year earlier by just 1.1 per cent, the smallest increase since November 2009.

THE CANADIAN PRESS

Truce called in CBC dispute

An uneasy truce was called Thursday in a nasty spat between the CBC and a House of Commons committee.

The access-to-information and ethics committee agreed to return sealed documents to the public broadcaster rather than press ahead with a proposal by Conservative MPs to examine the sensitive material.

THE CANADIAN PRESS

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THE KID IS BACK & DOGS CAN WALK IN THE PARK

THE METRO LIST

NEIL MORTON
METRO

1 Sidney Crosby. It was a day some thought might never come. Canada's Sid the Kid, out since early January with post-concussion syndrome, returned to the ice Monday night for his Penguins at home — with even CBC choosing to do a special broadcast. He was simply amazing, scoring two goals and two assists in a 5-0 storybook win over the Islanders. Yes, the best player in the world isn't just back — he's better than ever.

2 Feds and social media. Ottawa has rolled out formal guidelines for how their departments should use Twitter and Facebook, recognizing that "Web 2.0 is increasingly becoming a primary channel for sending, receiving and generating information." The guidelines also say public servants should be aware of the risks of operating in social media circles. In other words, look for tweets of political correctness.

3 Occupy camps. Occupy protest camps in Vancouver, Ottawa and Toronto were dismantled this week after eviction notices went out. The message(s) had been delivered, and the time had come for them to come down. The Toronto camp at St. James Park had taken on a life of its own: As Coun. Giorgio Mammoliti said, "We have Robin Hoods and makeshift Jesuses walking around, pretending that the park is theirs." Now it'll be Dog Park again.

4 Password. Hackers love those who choose "password" as their online password. And there are lots of you, according to Internet security firm SplashData, which released the top password name rankings based on millions of stolen passwords. The Top 5: 1. password 2. 123456 3. 12345678 4. qwerty 5. abc123. And you'd better be more creative than going with "monkey," you monkeys. That's No. 6 on the list.

5 Fox News. According to a new study, there is "something about watching Fox News that leads people to do worse on (news) questions than those who don't watch any news at all." The most informed respondents: People who listen to NPR, those who watch Sunday morning news programs and — best of all — viewers of The Daily Show with Jon Stewart.

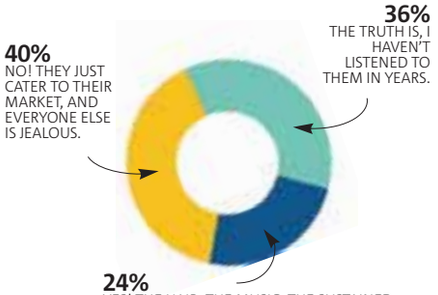
6 ABA. With the NBA season a virtual wipeout due to the lockout, maybe the American Basketball Association will catch on. The calibre of play may not be up to NBA standards, but teams like the Los Angeles SLAM and Gulf Coast Flash could become household names if national TV chooses to broadcast some games. The legendary Dr. J got his start in the original ABA. There could be another legend waiting in the wings.

7 Watch your gadgets. A new poll by polling/social media company Poll Position found that more than 60 per cent of us spend between one to six hours a day watching electronic devices like TV, computer screen, e-reader, PDA or cellphone. So what the heck is the other 40 per cent doing?

Follow Neil Morton on Twitter (@neilmorton).

Panel **Register at metropolitanpanel.ca and take the quick poll**

Are Nickelback critics justified?


40%
NO! THEY JUST CATER TO THEIR MARKET, AND EVERYONE ELSE IS JEALOUS.
36%
THE TRUTH IS, I HAVEN'T LISTENED TO THEM IN YEARS.
24%
YES! THE HAIR, THE MUSIC, THE SUSTAINED ATTENTION — IT'S ALL A BIT MUCH.

Local tweets

- **@maxamilli:** Only in #LDNont, not a cloud in the sky one day. And all of a sudden the fogs of Siberia have set in
- **@theMetLDN:** Had our new holiday posters printed today, looking forward to getting these babies out and about this weekend! #ldnont #yourLondon
- **@xoxo_Kirstie:** Lost my bus pass. #uwo #ldnont. #fml.....
- **@scorchyy:** Craaazy fog this morning in #ldnont
- **@Kirkyland:** rode a sketchy elevator to get to class since the door to the stairs was locked #uwo #ldnont
- **@MsMichelleMM:** Hot date with the library all day! Looking forward to the weekend, going to the lighting of the lights at Vic park! #ldnont #uwo
- **@Georgievgeorge:** Response: "Canada goose" Random middle aged woman: "Is that a brand or something?" #haventbeenoutside #uwo
- **@Ann_L_Martin:** Looking forward to some football and turkey bowling today! #Ldnont @joekoolslondon

Daily Zoom

Lemurs give thanks

GETTY IMAGES

Lemurs enjoy Thanksgiving

CALIFORNIA. On this day, furry critters are thankful — even if they put their tails in their plates. Some ring-tailed lemurs had a feast at the Thanksgiving dinner at San Francisco Zoo. Fifteen grey lemurs tucked into a feast of green beans, fruit, sweet potatoes and a turkey made out of monkey chow. METRO WORLD NEWS

Polite males or bossy females?

BEHAVIOUR. The core group consists of females and their young. When the troop moves between feeding sites, this group settles into the best feeding spot and eats first. The males wait for them to finish or feed in a less desired tree nearby. It's women and children first, too, for often hard-to-find water that gathers in trees. MWN

50%

of the lemur diet consists of fruit from the tamarind tree, consumed mostly during the dry winter season. Lemurs have been observed eating decayed wood, earth, spider webs, insect cocoons, spiders, caterpillars, small birds and chameleons.

Lemur facts

- **Treasured lemur treats:** grapes, raisins and almonds.
- **1/3 of the at least 70 lemur species are endangered.**
- **Endemic to Madagsacar.** Nowhere else are they found in the wild.

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Your holiday mission

To get Call of Duty: Modern Warfare 3 as a gift, as well as other popular video game titles

KAREN FALCON
FOR METRO

Don't know what to buy for that gamer on your list? Not to worry, we have played a bunch of the hottest stuff (ESRB M) and narrowed it down to the best holiday offerings. This stuff is so good you might just want to keep it for yourself.

Metro's video game reviewer says The Elder Scrolls V: Skyrim is the best RPG to date. It's a vast, non-linear, open-ended game with a brilliant character-levelling system in which what you choose to do makes all the difference.

Call of Duty: Modern Warfare 3

360, PS3, MS Windows, Wii

It's a record-busting, first-person shooter that features no slowdowns, stunning graphics, 16 massive new maps, survival mode, special ops and online multiplayer, too. The campaign is once again a solid and frantic affair that meets all your expectations. Once you are done with that, it's time to hop online. Online play is where this game shines so brightly it makes your eyes water. It's just awesome.

The Elder Scrolls V: Skyrim

360, PS3, MS Windows

Words cannot describe the magnitude of Skyrim. It's epic. It's awesomely interactive and it's perfect. Perhaps the best RPG to date, this is a vast, non-linear, open-ended game with a brilliant character-levelling system in which what you choose to do makes all the difference. You can choose to be a thief, skulking around in the shadows, or you can choose to be a warrior, an elf, or a berserker. Choices are almost limitless — for everything. It's mind-blowing. Chances are if you gift this (and you should), you won't see your friend for a year — they will be too busy wandering around Skyrim hunting for stuff to mix potions and craft weapons.

Uncharted 3: Drake's Deception

PS3

Exclusive to the PS3 and just in time for the holiday season, Uncharted 3 has launched to universally stupendous critical reviews. Why such good reviews? Because this game is quite possibly the slickest, best looking, most immersive single-player platformer to hit the market in more than three years. It's visually stunning and has the most outstanding dialogue and cut scenes we have seen in recent history.

Gears of War 3

360

Everything is better in Gears 3. Everything. Saving the world on insane is pretty impressive, but the Live is even more impressive. They will play this until their hands go numb — and that's a good thing.

Kinect Dance Central 2

360

Your teens will be moving and grooving all over the living room floor. With more than 40 new hits and routines, voice controls, dance battles, and an onscreen personal trainer, don't forget to remind the kids to take breaks so they don't wear out the carpet too fast.

Kinect Sesame Street — Once Upon A Monster

360

It's like playing a Sesame Street storybook — only better. It will get your little ones moving, solving problems, and learning — all at the same time. Six chapters, engaging mini-games, simple mechanics and their favourite furry Muppets makes this game an incredibly riveting experience for young gamers and a charming experience for their parents.

HOLIDAY 2011 m gift guide

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Bookmark these engaging titles

Books are always a popular gift for young and old ◗ Laugh, learn, follow interesting characters to pass the time

RICHARD SCRIMGER
FOR METRO

These pageturners will whet the appetites of book lovers on your gift list these holidays.

KIDS

Grandpa Green — Lane Smith

A seemingly simple story about an old man and a garden, this is a rich visual feast, page after page of brilliant memories evoked through — would you believe? — topiary. Lane Smith is one of the coolest illustrators ever and this book is a stunner.

Meet Einstein — Mariela Kleiner

An energetic and FUN book about light, gravity, and physics. Kleiner brings the story home to young readers by showing how science applies to the world they know. Yes, there are test tubes but the colourful cartoony pictures by Viviana Garofoli show kids sliding down slides and dropping things. There are just enough facts to be interesting without overbearing. A breezy, conversational tone helps readers (young and old — there's stuff for grown-ups, too) to realize how entertaining science can be.

Migrant — Maxine Trottier

A young girl migrates back and forth between Mexico and Canada every year. Trottier is a prolific and well-loved Canadian storyteller and this book does a great job of bringing the reader into the lives of poor folks travelling to and working in a country that is not theirs.

The kid's-eye persepctive is well captured — we see everything from Anna's point of view. The illustrations by Isabelle Arsenault are cool and stylish pencil drawings. It's straightforward and yet poetic — a well-told story of hardship and survival.

TWEENS AND TEENS

The Emerald Atlas — John Stephens

A vivid fantasy adventure story about three orphans — Kate, Michael and Emma — who don't even have a last name, but only an initial, who are transported via a mysterious book to a magical world that they have to save from a vile villainess and her even more malevolent master. Sounds like the next Harry Potter, which could be the kiss of death, but don't worry. There are lots of familiar ideas, but the fantasy world is well imagined and the story is, in fact, really good.

Okay For Now — Gary Schmidt

Doug Swieteck is a regular guy living in an upstate New York town. He has a mean, dumb dad, a brother getting in trouble with the cops and another brother getting wounded in Vietnam. Doug finds himself at the library where he learns a sad secret about his favourite book — the Audubon portfolio, whose vivid drawings enthrall him and make him want to draw, too. The book is grotty, funny, tender and magic-fantastic, all at the same time.

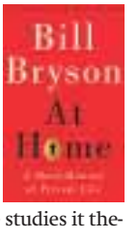
Blink & Caution — Tim Wynne-Jones

What a fast-paced story! A street kid from Toronto witnesses an act of terrorism and has to spend the rest of the story on the run. Everything that can go wrong, does. The stakes are high and there are all sorts of misunderstandings surrounding our dynamic duo. Wynne-Jones delivers mystery and humour, likable characters and offbeat narration. I read it in one go — did not want to put it down.

ADULTS

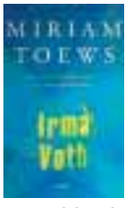
At Home — A Short History of Private Life — Bill Bryson

What can I say about Bill Bryson? He could, as one reviewer says, write about dryer lint and make us laugh out loud. Over the years I have laughed and marvelled at his books of travel, his memoirs, and his examination of the English language. So I am not surprised at how much I enjoyed this foray into the world of the home. He studies it thematically, room by room, using facts and artifacts to link science and art and history together. Anecdotes wander like vines through the pages, from poisonous wallpaper to 19th-century household coal consumption (a ton a month!) to the Duke of Marlborough, who was so cheap he refused to dot his i's to save ink. Wiser and gentler than David Sedaris, but just as funny.



Irma Voth — Miriam Toews

Irma is a 19-year-old Mexican Mennonite, a puzzled wife, a dreamer, a keeper of secrets. When filmmakers come to her isolated campo she becomes their translator and begins to see her closed world from outside. Threatened by the past, she and her two sisters take off for Mexico City, freedom, maybe even joy. Toews' writing is lean and pacy, her characterisations deft, and she has an uncanny ability to make a sad scene funny. My personal favourite of her books.



Better Living Through Plastic Explosives — Zsuzsi Gartner

These weird and wonderful stories are set in real and fantastic worlds, present and future. This is the wackiest book on the Giller shortlist, which may be why I like it so much. Gartner's prose is sharp, cutting and edgy. Odd glittery images pile up and then are pushed aside to make room for new ones. It's all urban and techsavvy and cold and plastic — the title is very apt — and it could be deadly and lifeless but it isn't. It's exciting writing. Gartner is neither bored nor boring. Read Better Living and get a buzz on.

KIDS AND PARENTS

Go the F**k To Sleep

A totally credible story line — Dad can NOT get his two-year-old daughter to go to sleep and gets madder and madder as she avoids and prevaricates. Written in a kind of parody of old style rhyming lullaby books, this is really a story about parenting. The super-sweet illustrations coupled with the potty language allow for an unexpected lightness.

It gives us parents a chance to laugh at ourselves and our anger at our kids in a near-universal human dilemma. Such a simple idea, so well done. A book I really wish I had written.

COMSTOCK/THINKSTOCK

❄ Get caught up on your book list and snuggle up for some quality reading this holiday season.

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WAYS TO GIVE BACK THIS SEASON

'TIS THE SEASON TO GIVE AND RECEIVE

which is why everyone's debit and credit cards promise to get a great workout over the next few weeks. For credit card holders, there are some good options available for getting something back for their purchases. For example, the Scotia Momentum suite of cash-back cards provides a solution for a number of different lifestyle stages. To help decide which product is right for you, try the Momentum Cash Back Calculator at scotiabank.com/momentumcash back. Scotiabank sends cash payouts to its customers in November — the ideal time to use funds for Christmas shopping or to help those in need.

If you want to pay some goodwill forward but you're finding your budget stretched to the limit, here are some affordable ways to make a difference in and around your community.

HEMERA/THINKSTOCK

DONATE TO A FOOD BANK Canned fruit or meat, a package of pasta, a jar of baby food, every little bit counts. Find a food bank near you at foodbankscanada.ca.

VOLUNTEER AT A SOUP KITCHEN Donate your time to help serve up food and wash dishes at a local soup/food kitchen.

SUPPORT A WOMEN'S SHELTER Collect donations of toiletries, clothes and small toys for a battered women's shelter.

HELP OUT A NEIGHBOUR When you pull out your snow blower or snow shovel after the next dusting of white stuff, take a few extra minutes to clear your neighbour's walkway.

ORGANIZE A TOY DRIVE Bring a smile to a child's face at Christmas by setting up a toy mountain at work, at your church or community centre.

SERENADE A SENIOR Get a group of people together and go carolling at a senior residence.

These are just a few suggestions. The opportunity to do some good in your community is limitless. You can explore more options at a local church, the Salvation Army or by searching online.

ISTOCKPHOTO/THINKSTOCK

CHRISTMAS COUNTDOWN... ARE YOU READY?

You don't have to be Martha Stewart to plan the perfect Christmas. All it takes is a little planning.

MAKE YOUR GIFT-GIVING LIST Jot down names and gift ideas for family and friends. Tip: Be prepared for unexpected gifts; add some extra items to your list (e.g. candles, chocolates and wine).

DECK THE HALLS Pull out your strings of Christmas lights and make sure they're still working. It might be time for refresh. Check local flyers for ideas.

WRITE AND SEND YOUR HOLIDAY GREETINGS Whether you send emails or traditional cards by mail you'll want to make sure that your correspondence is written and mailed the first week of December.

PLAN YOUR HOLIDAY MENUS Hosting meals during the holidays? Plan the menu and buy items well beforehand (e.g. frozen turkey, appetizers, drinks etc.).

WRAP IT UP IN STYLE Set aside a couple of hours to wrap gifts. Tip: Gift bags are great for dressing up gifts and can be reused next year.

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BEST HOLIDAY MOVIES

From the nostalgic and the sappy to the humorous and the dramatic, almost everyone has one — a favourite holiday flick — that special movie that you get hopelessly drawn into watching again and again year after year. For some it might be Frank Capra's 1946 classic It's a Wonderful Life, for others something more of a modern-day classic like A Christmas Story (Who can forget little Ralphie's famous request to Santa, "I want an Official Red Ryder Carbine-Action Two-Hundred-Shot Range Model Air Rifle!").

IF YOU'RE LOOKING FOR A FILM TO WARM YOU UP THIS SEASON, CONSIDER ONE OF THESE SEASONAL FAVES.

1. It's a Wonderful Life (1946)
2. Miracle on 34th Street (1947)
3. The Bishop's Wife (1947)
4. A Christmas Carol (1951)
5. White Christmas (1954)
6. A Christmas Story (1983)
7. National Lampoon's Christmas Vacation (1989)
8. Scrooged (1988)
9. Home Alone (1990)
10. Jingle All the Way (1996)
11. Elf (2003)

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Frozen in time

These cameras and accessories will preserve your holiday memories

Nikon D7000 – $1,179 (body only), iPhone SLR Mount – $249.99, below.

MIKE YAWNEY
FOR METRO

For many, the holidays are a time to gather with family and friends. Why not capture those moments forever with a photo. Whether you are a seasoned professional or budding photographer, there is a camera for everyone out there. Here are a few of our choices.

Nikon D7000 — $1,179 (body only)
Perfect for the photo buff in your life. Nikon's latest entry in the dSLR market has the perfect blend of design, features and performance at a reasonable price. The D7000 features a high-resolution 16.2-megapixel DX-format CMOS sensor, three-inch super density LCD display and a Dynamic ISO range from 100 to 6400. You also have the ability to shoot 1080p HD video at 24 fps with autofocus. Two SDXC card slots ensure you never run out of storage. Lenses sold separately.

Samsung MV800 — $299
This impressive 16.1-megapixel point-and-shoot camera may have a minimalist design but offers many features for those who demand more out of their camera. The three-inch touchscreen viewfinder can swivel 180 degrees to allow you to take photos from various angles.

Canon Rebel T3i — $949.99
Power on, focus and shoot in less than one second! Technically classed as an entry-level dSLR camera, but don't let that fool you. An18-megapixel CMOS sensor ensures crisp, clean colour with every shot. The articulating LCD viewfinder makes it easy to capture photos at just the right angle.

Olympus Stylus Tough 8010 — $249.99
It's called tough for a reason! This 14-megapixel camera is shockproof, crushproof, freezeproof and waterproof to depths of 10 metres. Shoot still photos or HD video in virtually any condition!

iPhone SLR Mount — $249.99
Turn your iPhone into a SLR camera with this one-of-a-kind mount from Photojojo. This case adaptor allows you to mount Canon EOS or Nikon SLR lenses right onto your iPhone 4 or 4S. Use telephoto, wide angle or a macro lens on your phone. Finally, you can get powerful depth of field and manual focus on your iPhone.

Sony 220GB HD Camcorder with Projector — $899
Shoot 1080p video and then share it immediately with friends.
This camcorder has a built-in projector, which creates a 60-inch image on any flat surface. The 42X extended zoom makes it easy to get close to the action even if you are far away. Up to 91 hours of footage can be captured on the hard drive.

GoPro HD Hero2 — $349.99
The ideal companion for outdoors and sports enthusiasts. This tiny camera not only shoots 11 megapixel stills, it can also shoot 1080p HD video in even the most extreme conditions. Mount it to your snowboard to get footage on the half-pipe or take it along with you on your next warm vacation to get underwater footage while snorkelling.
A variety of mounts are available, allowing you to attach the camera to virtually anything, including your own body.

Eye-Fi — starting at $49.99
Wirelessly transfer your photos and videos from your digital camera to your home computer, Facebook, YouTube or favourite online photo website with this unique memory card. The Eye-Fi connects to the Internet via Wi Fi so you can share photos with family and friends instantly. Once photos are transferred they are automatically erased to free up room on your memory card. Available in 4GB and 8GB models

Sony Digital Photo Frame and Printer — $199.99
What's the use of taking photos if you can't share them with others? Put all of your photos on display with Sony's eight-inch digital photo frame. The frame has a USB plug-in so you can directly upload your images from a camera without using a computer. It also supports movie and music playback. The frame comes with a printer base so you can print out 4-by-6 photos instantly while they are on display!

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On a tight budget? Gifts for under $30

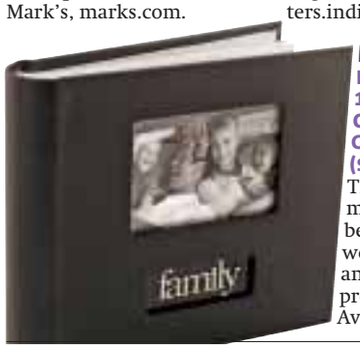
HEATHER BUCHAN
FOR METRO

We have rounded up a few items — all for less than $30 — that are sure to please everyone in the family this holiday season.

Dad

Mark's Dakota Grey and Orange Cup ($12.99)
Dad can enjoy his coffee on-the-go in this stylish ceramic mug in Mark's popular grey and orange sock print. Available at Mark's, marks.com.

2Photo Up Family Album ($19.99)
This black faux-leather album detailed with a cutout on the cover to insert a family photograph and polished metal lettering spelling family displays two vertical rows of photos on each page. Fill it with treasured family photographs and dad will be delighted come Christmas morning. Available at Chapters Indigo, chapters.indigo.ca.



Mom

Portolano 10-inch Cashmere Gloves ($29.99)
These soft cashmere gloves are a beautiful cold-weather accessory and come in 12 pretty shades. Available at The Bay, thebay.com.

Voluspa 3-Wick Candle in Decorative Tin-Frost Pinecone Scent ($22.50)
This luxurious candle infuses the air with a beautiful blend of spicy pine needles, cypress and woody pinecone seeds, and will help mom unwind in her bedroom or bathroom away from the maddening crowds. Available at Chapters Indigo, chapters.indigo.ca.

Kids

Merry-Okee Christmas Karaoke Microphone ($19.95)
With six pre-recorded holiday songs and lyrics, this microphone changes your voice to sound like an elf. It will be the hit of any Christmas party for kids big and small. Available at Hallmark, hallmark.ca.

Ravensburger Christmas Fair 200 XXL Piece Puzzle ($14.95)
This holiday puzzle featuring a cheerful fair in a town square with carollers, snowmen and Santa makes the perfect holiday activity for the entire family. Available at Mastermind Toys, mastermindtoys.com.

Apples to Apples — ($29.99)
This card game geared for kids 14 and older is filled with surprising and outrageous comparisons from a wide range of people, places, things and events. Fast moving and refreshing, this game is perfect for any get-together. Available at Toys "R" Us, toysrus.com.

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YLVA VAN BUUREN
FOR METRO

Don't forget your four-legged friends this holiday season.

A Real Treat
Your dog will love these yummy cookies over the holidays. Claudia's Canine Cuisine Holiday Cookies, eight- or 11-ounce packages, $9.99-$11.99 at Pet Valu.

Peace in the House
Keep Fido busy with this "Hear Doggy" chew toy — it has an ultrasonic squeaker, which means only your dog can hear it. Different sizes and characters. From $8.99 at Pet Valu.

Go to Sleep
When it's bedtime, tuck your dog or cat into this 22-inch microsuede plush bed. They will dream of sugar plum fairies ... $19.99 at PetSmart.com.

Eau de Woof
Sadie and Mitz shampoo, conditioner and conditioning mist make great stocking stuffers. Available in Dirty Dog (citrus with spicy berries and sandalwood), Flirty (a blend of pomegranate, black orchid, lotus blossom and other exotic scents), Festive Fur (mulled cider, apples and cinnamon) and other fragrances. $19.95 each. sadieandmitz.com.

Cat perch
Give your cat a place to hang out ... and save your furniture with an Imperial Cat Scratcher. Rub a little catnip on the surface and the cat will always come back. $14.99-$44.99 at Pet Valu.

Glitter Dog
Rub some Glamour Glitter Gel on your hands, then run it through your dog's fur to make it sparkle for the holidays. $14.95. Available online and at pet boutiques across Canada. sadieandmitz.com

Spa Day
Send your pooch for a shampoo and conditioner, nail trim, haircut, ear cleaning and brush out. Cost varies depending on size, breed and temperament. One example: A full groom at The Fur Factor in Toronto starts at $52. Visit yellowpages.ca/business/0980248.html to find a groomer near you.

Wrap up rawhide
The holidays are delicious ... when you put a tasty PetHoliday Rawhide Treat under the tree for your pooch. A variety of chewy designs are available from $1.99 to $14.99 at PetSmart stores.

What's Up Doc?
Wrap up a Chew & Flip 'n' Toss carrot or hamburger for your pet rabbit ... they love chew toys! $3.99 each. Pet Valu.

Want to play?
Your cat will enjoy batting around the removable fur, sparkly streamers and feather teasers on this toy wand. And it's quality time together. PetSmart, $2.99 to $15.99.

Muttluks
Marlene Cook, the founder of Woofstock (a Toronto festival for dogs), protects her dogs' feet from salt and cold with fleece-lined Muttluks. The dog boots have self-tightening straps, reflective straps, leather soles and stretchy leg cuffs. They are made in Canada. $45.99-$53.99 at muttluks.com.

Pet portraits

Surprise the pet lover in your life with a portrait of their cat or dog. Artists such as Astrid Colton (petportraitscanada.ca) can work from a photograph to create portraits in acrylic paint, colour or black and white pencil in two sizes (12-inch by 16-inch or 10-inch by eight-inch costs $200 to $300). Or wrap up a gift certificate and that way the recipient can choose the style and medium.

NEXT WEEK: HOLIDAY MUSIC, FOODIE GIFTS & MORE
FRIDAY, DEC. 2, 2011

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Synopsis

- Based on two books by Colin Clark, The Prince, The Showgirl and Me and My Week with Marilyn, the movie's main character isn't Monroe, but Clark (Eddie Redmayne), the third assistant director on The Prince and the Showgirl starring Sir Laurence Olivier (Kenneth Branagh) and Monroe. It was the summer of 1956 and Clark was a 23-year-old who, like the rest of the planet, was smitten with Monroe. The two form a bond, and for a few days it looks like his love for her might actually be reciprocated.
- **Ratings:**
  Richard: ⊕⊕⊕½
  Mark: ⊕⊕⊕

HANDOUT

▶ Michelle Williams steals the show in My Week With Marilyn.

'Marilyn' charms

My Week With Marilyn gives its actors lots of chances to showcase their chops

Reel Guys
RICHARD CROUSE & MARK BRESLIN
SCENE@METRONEWS.CA

Richard: Mark, almost 50 years after her death, Marilyn Monroe is still one of the best-known actresses in the world and yet Michelle Williams manages to bring something new to someone we thought we knew so well. Even though I liked this movie and thought that Monroe's off-screen life, as dramatic as anything she ever did on screen, is tenderly portrayed, the story isn't as interesting as the performance. What did you think?

Mark: This movie is definitely NOT the Marilyn Monroe biopic. It's a small, charming film about the havoc the sexiest woman in the world can have on those around her. The movie's fabulous first half sets up the characters, milieu, and conflicts, but then doesn't have anywhere to go. So the story is weak, as you say, but its pleasures are in the fine details, including Michelle Williams' amazing portrayal of Ms. Monroe, and the wonderful sense of time and place on a film set circa 1956. And I've never seen Kenneth Branagh better!

RC: Branagh is very good, but when placed against Williams's Monroe his work seems to lack the soul she brings to every frame of film. He does have many of the film's best lines, however. His delivery of lines like, "Trying to teach Marilyn to act is like teaching Urdu to a badger," is letter perfect and adds much to the movie but I think the Oscar nomination here will go to Williams.

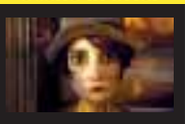
MB: The movie belongs to her, no question. But there are so many finely etched smaller parts that flesh out the movie. Judi Dench as the regal Dame Sybil Thorndike and Zoe Wanamaker as prickly acting coach Paula Strasberg are both exceptional. But why was the Arthur Miller part so underwritten? And were you impressed by Eddie Redmayne as the boy who becomes a man?

RC: His story should have been titled The Week I Almost Made It with Marilyn. It might have spiced up his role a bit. He's good, I think, but when Williams and Branagh are on screen he disappears. He's a main character but unfortunately for him he's saddled with a quiet role in a movie filled with bravura performances.

MB: I thought the movie was quite funny in places, by the way; the clash of acting styles between the Brits and the Yanks made for good fun, as did Branagh's growing exasperation with his star. But the abrupt turnaround at the end of the movie where he gushes over Marilyn's "natural, intuitive talent" seemed forced and false.

2 scene

Scene in brief



The National Film Board of Canada's website now has a download-to-own feature alongside its free streaming. Users can go to nfb.ca to buy and download digital versions of its titles, from acclaimed shorts to animated and dramatic features and documentaries. Just click on the "buy the digital version" button on each film's webpage, or browse titles at the NFB's Digital Boutique, nfb.ca/digital-boutique. METRO

G.I. Joe 2 crew member killed during filming in New Orleans.

We give thanks for these films

With Thanksgiving weekend underway down south, we thought we'd show our gratitude for these great flicks

It's Thanksgiving weekend in the U.S., with our southern neighbours reflecting on the people and things for which they're grateful. Since we love movies, we thought it would be a good time to choose five for which we're thankful. These are the cinematic equivalent of comfort food; ones that can be watched over and over again, and always rely on making you laugh, lift you up or provide an escape. (The inclusion of anything by John Hughes goes without saying.) Ask us next week and this list might be different. But for this weekend, dig in.

Rushmore (1998)

This remains Wes Anderson's best movie. Young Jason Schwartzman, making his film debut, stars as Max Fischer, who's involved in everything at the exclusive Rushmore Academy. A restrained Bill Murray is hilarious as the depressed father of a couple of Max's classmates, with whom Max forms an unlikely friendship — until they fall for the affections of the first-grade teacher.

The Sound of Music (1965)

Yes, it's a huge movie and a classic, winner of five Academy Awards. But there's something so personal about it; we all grew up watching it — it's one of those movies that is on television every year around the holidays. Why shouldn't Julie Andrews be able to come up with just the perfect, inspiring tune on the spot, or make play clothes out of drapes for all seven Von Trapp children, and still find time to make goo-goo eyes at the captain?

This is Spinal Tap (1984)

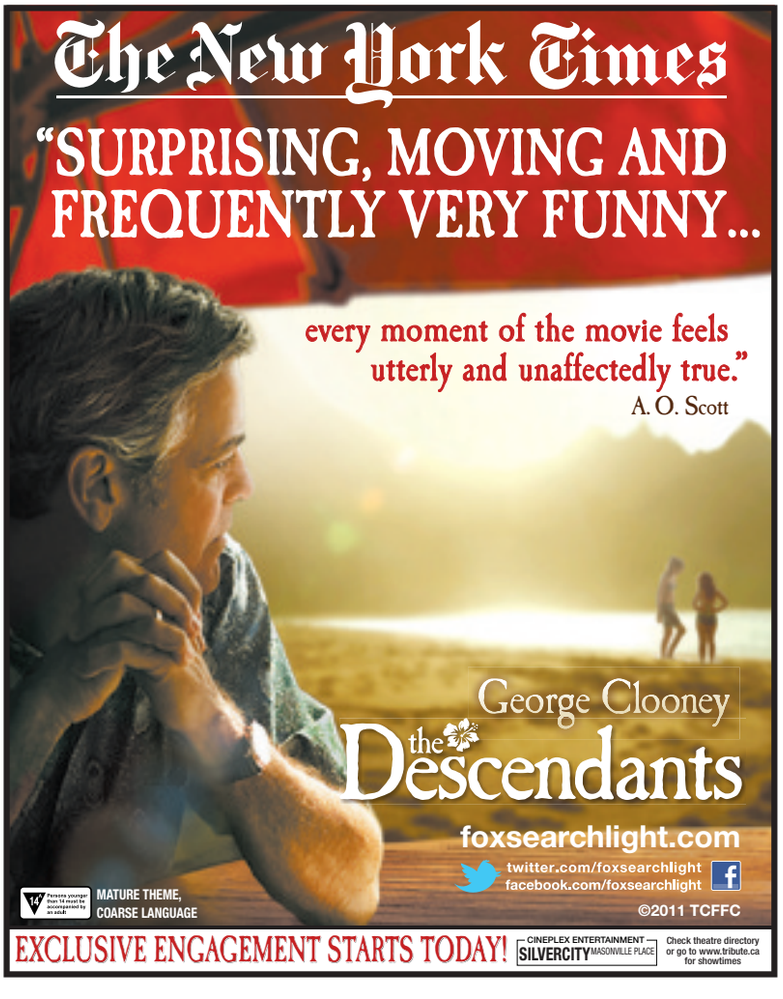
Pretty much the greatest mockumentary ever, the one that launched Christopher Guest's entire oeuvre. So many great, quotable lines. So many ridiculous songs in this fake behind-the-scenes look at a spectacularly awful and over-the-top British rock band. So many small, deadpan ad-libs that produce huge laughs.

The Big Lebowski (1998)

Admittedly, this is not the Coen brothers' best film, but the cult of Lebowski is just too powerful. There's something hypnotic about it: the way The Dude navigates the increasingly surreal adventure in which he's found himself. Bowling, Vietnam, white Russians, porn, a toe with green nail polish on it and a crucial rug all collide in weird and wonderful ways. No matter what Jeff Bridges accomplishes, he will always be The Dude.

Sleeping Beauty (1959)

This Disney animated film is an uncharacteristically chickish choice on our part, given its themes of a woman in peril who needs a man to rescue her. So no, it's not terribly forward-thinking. But when you were little didn't it all seem so romantic? Aurora was so gorgeous and graceful, tall and blond, the epitome of feminine beauty back then. **THE ASSOCIATED PRESS**



The Shame of NC-17

Release of Shame reignites debate over racy rating

The NC-17 rated Shame poses an intriguing test for the much-lamented rating and stands a chance of being one of the most notable adults-only releases since Last Tango in Paris or Midnight Cowboy.

When Steve McQueen's film about a sex addict (Michael Fassbender) arrives in theatres Dec. 5, it will have already found enthusiastic debate at film festivals, largely laudatory reviews and a significant presence in the Oscar race, where Fassbender is considered a top contender for a best actor nomination.

Though most films tagged by the Motion Pictures Association of America with an NC-17 rating either protest the decision or edit down to an R-rating, Fox Searchlight (which acquired Shame at the Toronto Film Festival) has accepted the NC-17 as fair.

"We're releasing it not because of (the rating), but perhaps in spite of it," says Stephen Gilula, co-president of Fox Searchlight. "We just think it's a film that deserves to be seen."

An NC-17 rating still poses challenges for Shame and Fox Searchlight, but some believe the stigma of the rating may be fading.

The rating, which restricts anyone under the age of 18 from attending a movie, was created in 1990 after the X rating (which the MPAA had failed to trademark) was co-opted by the pornography industry.

Since then, the most successful NC-17 film at the box office has been 1995's Showgirls, which earned $20.4 million and a great deal of scorn from critics.

On the whole, the rating has been taken by smaller, art-house films. Recent NC-17 releases have included Bernando Bertolucci's The Dreamers (2004, Fox Searchlight), Ang Lee's Lust, Caution (2007, Focus Features) and Pedro Almodovar's Bad Education (2004, Sony Pictures Classics).

"(Shame) is potentially an important step in the legitimate use of the NC-17," says John Fithian, president of the National Association of Theatre Owners.

"There just aren't very many movies released in the NC-17 rating anymore. Filmmakers and movie studios are inappropriately afraid of the rating."

Fithian says his association hopes to "eradicate the stigma" of NC-17, which he disputes. He calls the assertion that NC-17 films are limited in their advertising a myth.

Advertising a NC-17 film on television is limited to certain hours. Most newspapers will accept ads for a NC-17 film as long as they're tasteful.

"What we currently have is a system that's slightly flawed in the reluctance of filmmakers and distributors to use the NC-17," Fithian says.

THE ASSOCIATED PRESS

Ratings pariah

- Cinemark, one of the largest movie theatre chains in the U.S., refuses to screen NC-17 rated films.
- Wal-Mart won't stock NC-17 rated DVDs.

HANDOUT

▶ Michael Fassbender is getting best actor Oscar buzz for his role as a sex addict in Shame.

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Celebrities lace 'em up

Goon comes to theatres next year, so we look at Hollywood's hockey love

MIKE DOJC
ICHILL.CA
SCENE@METRONEWS.CA

When you think of stars on ice, images of former Olympians in sequins are conjured well ahead of celebs making saucer passes and slamming each other into the boards.

But many Hollywood types bitten by the hockey bug need a fix every now and then. Producer Jerry Bruckheimer, best known for blockbuster films like Top Gun and Armageddon, has been organizing low-key weekly pickup hockey games catering to celebrities craving ice time for over a decade. The game has since snagged many notables in its wide net.

Michael Bublé

Growing up in Burnaby, B.C., the jazzy crooner worshipped the Vancouver Canucks. If his hockey skills were on par with his pipes he would've traded in all the Grammy awards for a shot at hockey glory in a heartbeat. While on tour in the U.K. last year in between gigs, Bublé suited up and took a practice with the EIL's Nottingham Panthers. "Take your best shots at me and keep the elbows high," he goaded the team before taking to the ice.

Steve Carell

Long before presiding over the paper pushers at Dunder Mifflin as alter ego Michael Scott, Carell played goalie on his high school hockey team in Concord, Mass. On a season 2 episode of The Office, Carell takes the gang out ice-skating to celebrate his birthday and shows up in full hockey gear, stick and all. "I thought about playing in the NHL but you're on the road so much you have no time to spend with your wife and kids…and I really want a wife and kids," he quipped, explaining the get-up.

Taylor Kitsch

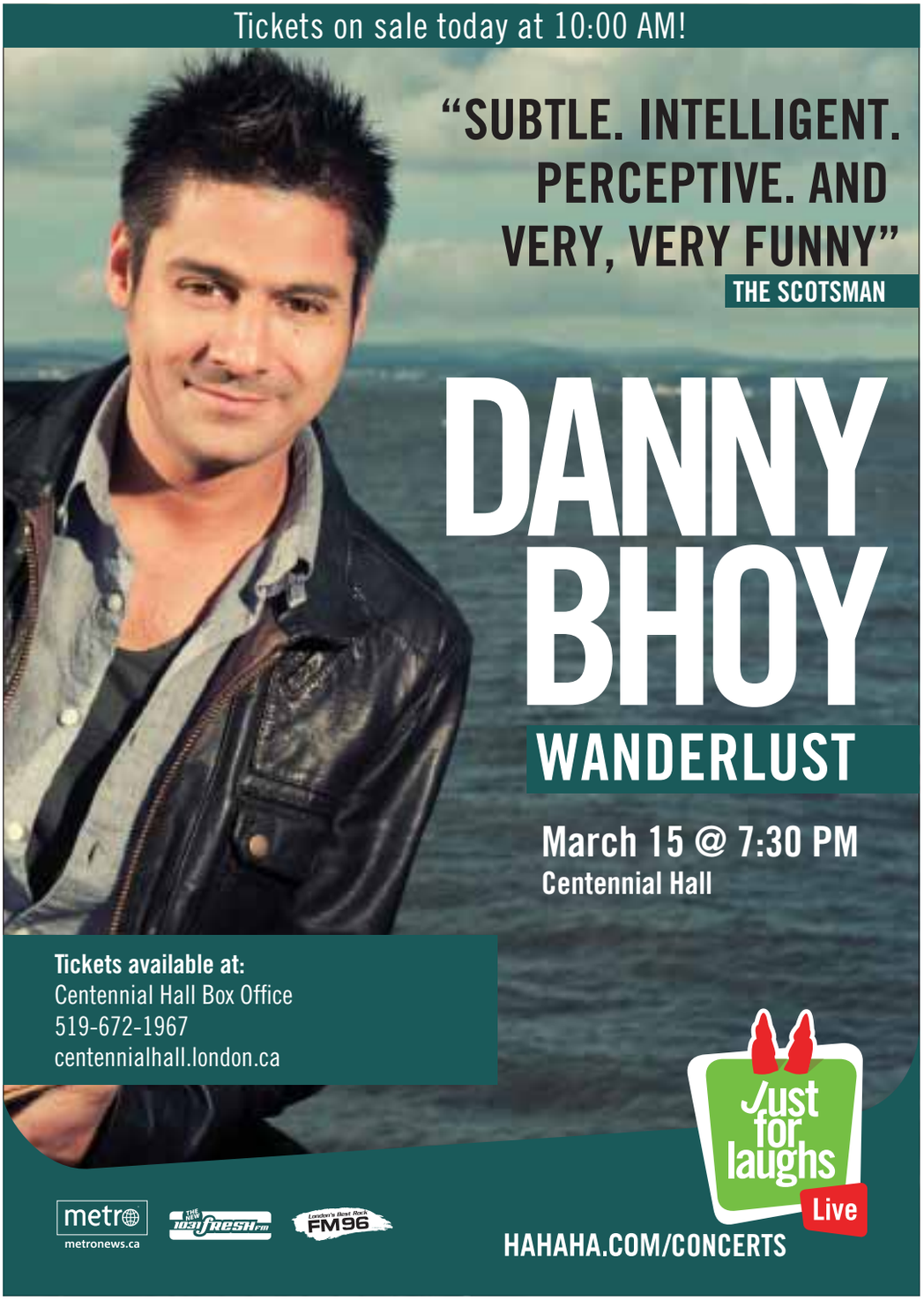
Wonder why Tim Riggins was so good at laying people out on Friday Night Lights? Growing up in Kelowna B.C., Kitch (best known for his role as the buff, constantly brooding Dillon Panthers fullback on Friday Night Lights) played Junior A hockey in the BCHL for the Langley Hornets. While filming FNL he played pickup hockey in Austin, Texas with other expat puck heads and he's also participated in one of Luc Robitaille's Celebrity Shoot Outs.

Justin Bieber

The Biebs was going top shelf on goalies and rocking opponents against the boards long before he topped the pop charts as a Billboard #1 fixture. Along with skateboarding and chess, hockey is one of Stratford, Ont's most famous son's way of unwinding when he's not performing in arenas or being chased like a Beatle. When he moved to Atlanta to start recording and before his touring schedule got too hectic, Bieber played the 2008-2009 season with the Atlanta Knights hockey team wearing #18 and has been known to schedule a little skate around on days off from the singing grind.

Dierks Bentley

Despite toting his hockey gear wherever he goes, this country star has gotten more hurt performing than skating around on the ice. He once tore his ACL jumping off a stage riser. Playing hockey he's never suffered anything worse than a hard puck to the shin. He's said that for him concerts are like hockey games in that when he goes out on stage he tapes his boots in the same fashion that he laces his skates — using duct tape.



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THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 25 TO THURS., DEC. 1. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

LONDON

Mustang Drive-In -London
2551 Wilton Grove Rd., 519-644-1160

In Time (PG) Fri-Sun 9:35
Jack and Jill (PG) Fri-Sun 7:35
The Twilight Saga: Breaking Dawn Part 1 (PG) Fri-Sun 7:30
A Very Harold & Kumar Christmas (18A) Fri-Sun 9:10

Hyland Cinema
240 Wharncliffe Road South, 519-913-0313

Circumstance (14A) Fri 7:10 Sat 5 Sun 3 Mon 1-9:10 Tue 3 Wed 7:10 Thu 5
The Guard (14A) Fri 9:10 Sat-Sun 7 Tue 7 Wed 9:10 Thu 3
Life, Above All (STC) Fri 5:10 Sat 3 Sun 1 Mon 7:10 Tue 1 Wed 5:10 Thu 1
Sarah's Key (PG) Fri 3:10 Sat 1 Sun 5 Mon 5:10 Tue 5 Wed 1 Thu 7
Take Shelter (STC) Fri 1 Sat-Sun 9 Mon 3 Tue 9 Wed 3 Thu 9
Wild at Heart (R) Fri 11

Rainbow Cinemas London
355 Wellington St., 519-434-3073

Arthur Christmas (G) Fri-Thu 1:25-3:45-7:15-9:30
Happy Feet Two 3D (PG) Fri-Thu 1-3:25-7:10-9:20
Immortals (18A) Fri-Wed 3:15-9:40 Thu 9:40
Jack and Jill (PG) Fri-Thu 1:15-3:30-7:20-9:30
The Muppets (G) Fri-Thu 1:20-3:50-6:55-9:25
Puss in Boots 3D (G) Fri-Thu 1:10-3:20-7:05-9:10
Tower Heist (PG) Fri-Wed 1:05-7:25 Thu 7:25
The Twilight Saga: Breaking Dawn Part 1 (PG) Fri-Wed 1:30-4-7-9:35 Thu 4-7-9:35 Thu 1

Western Film
Room 340, UCC Building, 50/50 (14A) Fri-Thu 9:05
The Ides of March (14A) Fri-Thu 7

Wellington 8 Cinemas
983 Wellington Rd. S, 519-685-2529

Arthur Christmas (G) Sat-Sun 12:50
Arthur Christmas 3D (G) Fri 6:50-9:20 Sat-Sun 3:50-6:50-9:20 Mon-Thu 6:50-9:20
Happy Feet Two (PG) Sat-Sun 1:20
Happy Feet Two 3D (PG) Fri 7-9:50 Sat-Sun 4:10-7-9:50 Mon-Thu 7-9:50
Hugo 3D (PG) Fri 6:45-9:35 Sat-Sun 12:40-3:40-6:45-9:35 Mon-Thu 6:45-9:35
J. Edgar (PG) Fri 6:40-9:45 Sat-Sun 12:30-3:35-6:40-9:45 Mon-Thu 6:40-9:45
Jack and Jill (PG) Fri 7:20-9:40 Sat-Sun 1:40-4:20-7:20-9:40 Mon-Thu 7:20-9:40
The Muppets (G) Fri 7:15-9:55 Sat-Sun 1:30-4:15-7:15-9:55 Mon-Thu 7:15-9:55
Puss in Boots (G) Sat-Sun 1:10
Puss in Boots 3D (G) Fri 6:30-9:10 Sat-Sun 3:45-6:30-9:10 Mon-Thu 6:30-9:10
The Twilight Saga: Breaking Dawn Part 1 (PG) Fri 7:10-10 Sat-Sun 1-4-7:10-10 Mon-Thu 7:10-10

Cineplex Odeon Westmount & VIP Cinemas
755 Wonderland Road South, 519-474-2796

Arthur Christmas (G) Fri 3:40-6:30-9:10 Sat-Sun 12:40-3:40-6:30-9:10 Mon 6:30-9 Tue 3:40-6:30-9 Wed-Thu 6:30-9
Ben-Hur (STC) Sun 12:30
Happy Feet Two (PG) Sat-Sun 12:50
Happy Feet Two 3D (PG) Fri-Sun 3:50-6:50-9:20 Mon 6:50-9:20 Tue 3:50-6:50-9:20 Wed-Thu 6:50-9:20
Hugo 3D (PG) Fri 3:30-6:40-9:40 Sat-Sun 12:30-3:30-6:40-9:40 Mon 6:40-9:35 Tue 3:30-6:40-9:35 Wed-Thu 6:40-9:35 Fri 4-7-9:50 Sat-Sun 1:10-4-7-9:50 Mon 7-9:50 Tue 4-7-9:50 Wed-Thu 7-9:50
Immortals (18A) Fri 4:30-7:30-10:20 Sat 1:40-4:30-7:30-10:20 Sun 4:50-7:30-10:20 Mon 7:20-10:10 Tue 4:30-7:20-10:10 Wed-Thu 7:20-10:10
Jack and Jill (PG) Fri 4:40-7:40-10:15 Sat-Sun 1:50-4:40-7:40-10:15 Mon 7:30-9:55 Tue 4:40-7:30-9:55 Wed-Thu 7:30-9:55
The Muppets (G) Fri 4-7-9:55 Sat-Sun 1:05-4-7-9:55 Mon 7-9:45 Tue 4-7-9:45 Wed-Thu 7-9:45 Star & Strollers Screening, Wed 1
Puss in Boots (G) Fri 4:10-7:10 Sat-Sun 1:20-4:10-7:10 Mon 6:45 Tue 4:10-6:45 Wed-Thu 6:45
Tower Heist (PG) Fri-Sun 9:30 Mon-Tue 9:10 Thu 9:10
The Twilight Saga: Breaking Dawn Part 1 (PG) Fri 4:20-7:20-10:10 Sat-Sun 1:30-4:20-7:20-10:10 Mon 7:10-10 Tue 4:20-7:10-10 Wed-Thu 7:10-10 Fri 3:30-4:30-6:30-7:30-9:20-10:20 Sat-Sun 12:40-1:40-3:30-4:30-6:30-7:30-9:20-10:20 Mon 6:30-7:30-9:20-10:15 Tue 3:30-4:30-6:30-7:30-9:20-10:15 Wed-Thu 6:30-7:30-9:20-10:15 Star & Strollers Screening, Wed 1

SilverCity London
1680 Richmond St, 519-673-4125

Arthur Christmas (G) Fri-Sun 11:30 Mon 1:25 Tue 11:30 Star & Strollers Screening, Wed 1 Thu 1:25
Arthur Christmas 3D (G) Fri-Sun 2:05-4:40-7:20-10 Mon 3:55-7:9:30 Tue 2:05-4:40-7:20-10 Wed-Thu 3:55-7-9:30
Collaborators (STC) Thu 7
The Descendants (14A) Fri-Sun 11:45-2:25-5:05-7:45-10:40 Mon 1:15-4:05-7-9:50 Tue 11:45-2:25-5:05-7:45-10:40 Wed 4:05-7-9:50 Thu 1:15-4:05-7-9:50 Star & Strollers Screening, Wed 1
Happy Feet Two (PG) Fri-Sun 11:50 Mon 1:05 Tue 11:50 Wed-Thu 1:05
Happy Feet Two 3D (PG) Fri-Sun 2:30-5-7:40-10:15 Mon 3:45-7:15-9:45 Tue 2:30-5-7:40-10:15 Wed-Thu 3:45-7:15-9:45
Hugo 3D (PG) Fri-Sun 1:20-4:20-7:15-10:10 Mon 1:10-4-7:05-10 Tue 1:20-4:20-7:15-10:10 Wed-Thu 1:10-4-7:05-10
Immortals 3D (18A) Fri-Sun 12:25-3-5:35-8:15-10:50 Mon 1:35-4:10-7:10-10:10 Tue 12:25-3-5:35-8:15-10:50 Wed-Thu 1:35-4:10-7:10-10:10
Jack and Jill (PG) Fri-Sun 1:10-3:30-5:45-8:05-10:30 Mon 1:50-4:30-7:30-9:55 Tue 1:10-3:30-5:45-8:05-10:30 Wed-Thu 1:50-4:30-7:30-9:55
The Muppets (G) Fri-Sun 11:35-2:20-5:10-7:50-10:35 Mon 1:20-4:15-6:55-9:40 Tue 11:35-2:20-5:10-7:50-10:35 Wed-Thu 1:20-4:15-6:55-9:40
Puss in Boots (G) Fri-Sun 12:15-2:35-5:15-7:30-10:05 Mon 1:40-4:35-7:25-9:50 Tue 12:15-2:35-5:15-7:30-10:05 Wed 1:40-4:35-7:25-9:50 Thu 1:40-4:35-10:15
Tower Heist (PG) Fri-Sun 12:30-3:10-7:55 Mon 1:45-7:35 Tue 12:30-3:10-7:55 Wed-Thu 1:45-7:35
The Twilight Saga: Breaking Dawn Part 1 (PG) Fri-Sun 12:1:30-2:40-4:15-5:25-7:10-8:10-9:55-10:55 Mon 1:1:30-3:50-4:20-6:50-7:20-9:35-10:05 Tue 12:1:30-2:40-4:15-5:25-7:10-8:10-9:55-10:55 Wed-Thu 1:1:30-3:50-4:20-6:50-7:20-9:35-10:05
A Very Harold & Kumar Christmas (18A) Fri-Sun 5:40-10:45 Mon 4:25-10:15 Tue 5:40-10:45 Wed-Thu 4:25-10:15

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Which way to Carnegie Hall?

Jason Mraz talks about his journey and how he has found his way to some of the biggest venues on Earth

MEREDITH ENGEL
SCENE@METRONEWS.CA

It's nighttime in Indonesia when we get Jason Mraz on the phone, although day broke just a few hours prior in New York.

Mraz is in Bali for his latest tour, which features just him and percussionist Toca Rivera performing at iconic venues like the Sydney Opera House and, this week, Carnegie Hall.

Mraz gave us some insight into these stripped-down shows.

How's your tour going so far?

I can't complain because we're in Bali at the moment, and I never thought that my tours would bring me here.

The night before last we played in Taiwan to a captive crowd of 3,000 people. As a musician, you get spoiled when an audience gives you the silence that you crave.

When there's a silent cavern for you to perform in, the sound truly exists in its truest form and I get off on that.

Why did you decide to play Carnegie Hall?

We really just tried to pick great locations and great venues that we've always wanted to play, because this isn't about promoting an album — we're just having an opportunity to put our music out there.

We could come to New York and play in any theatre or club, and our fans would come, but why not give them the experience of Carnegie Hall as well?

And for the musician, it's perhaps the pinnacle. It's what you to aspire to, to play in these historic venues.

I've played in more than one basketball court, and arena, and coliseum, but when you get to play in a venue that was created specifically for music or art, then the words, the lyrics — it's going to be so much more powerful in that space, as will the receiving of those words, the listening.

Are things different when you play these songs now, as opposed to when you first wrote them?

I think the only thing that's changed, honestly, other than time, are little silly things like hotel accommodations.

The core of what we do is the same: We're still singing songs about gratitude, transformation, self-awareness, love, self-empowerment — it's just really human stuff.

One of your shows at Carnegie Hall will be just for children. Do you have babies on the brain or something?

I don't have babies on the brain (laughs), but I have many friends who do have babies on their laps. I've written a few songs in the past couple of years that I've set aside because I've said, "These sound like they belong on a kids album." Reintroducing these songs in a kids show seems like the best place to test the material out before I do dive into something like a kids album, which I think will show up in the next couple of years.

RECORD STORE NOSTALGIA THICK FOR AUDIOPHILES

SOUND CHECK

ALAN CROSS
SCENE
@METRONEWS.CA

As CD sales continue to crater, record stores have to reinvent themselves.

GETTY IMAGES

▶ Something has been lost in the modern world of music.

Naturally, some of us grow misty at what record store shopping used to be like.

No. 1: Separate sections for vinyl, CDs and pre-recorded cassettes
People forgot that pre-recorded cassettes were briefly better sellers than vinyl or CDs. Back in the middle '80s, if you couldn't find that album on one format, chances are you'd find it in one of the other sections.

No. 2: The 45 section
I used to spend hours flipping through the singles section at Sam the Record Man. I couldn't afford full albums but I could afford a 99-cent 45. This store had rows and rows and rows of them. Funny how the price hasn't changed.

No. 3: The longbox
Retailers initially resisted stocking CDs because they had spent millions on shelving displays for both vinyl and cassettes. Now the labels wanted more investment in new shelving? A compromise was reached in the form of the "longbox," wasteful paper and/or plastic packaging that was about as wide as a CD but 12 inches long. This meant two rows of CDs could occupy the same bin space as one row of albums. The worst ones were all-plastic heat-sealed ones that required industrial tinsnips to open.

No. 4: Midnight Record Sales
In the days before the Internet, the only way to be the first of your friends to own the new album from your favourite group was to line up outside the record store on the day it came out. If the album was big enough, stores would stay open past midnight and at 12:01am on the release day, they'd let everyone in to buy the record.

No. 5: The big record catalogue
Somewhere in these old record stores was a giant catalogue of available albums and singles across all genres.

Generally it was clamped to a heavy stand somewhere that the clerks could make sure that no one was ripping out pages. This is where one would look to see if a record that wasn't in stock was even available. If it was, you'd order it by its catalogue number. If you were lucky, you'd have the record in a couple of weeks.

Quaint, I know, but I still miss this stuff.

ALAN IS THE HOST OF THE RADIO SHOW THE SECRET HISTORY OF ROCK. REACH HIM AT ALAN@ALANCROSS.CA

Hate if you want, someone buys it

The world's most unpopular popular band returns

JOHAN KELLMAN LARSSO
SCENE@METRONEWS.CA

They got their big break in 2001 with the release of Silver Side Up.

Since then, post-grunge rockers Nickelback have sold an astonishing 50 million records. Here and Now, which was released this week, is their seventh studio album.

"On Here and Now, there's something for everyone, from really aggressive rock to more melodious pop," the band's front man and singer Chad Kroeger tells Metro.

After the release of their last album in 2008, the band went on a two-year-tour. Since then they have reloaded and recorded a new album in their own studio in Vancouver.

"Right now we're in the honeymoon phase — the fans still haven't heard the album so we can still enjoy it all to ourselves. As soon as it's released it will be a different thing."

Guitarist Ryan Peake says the band is planning to include countries they haven't played before.

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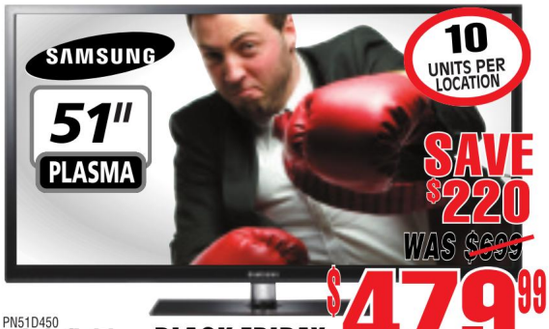

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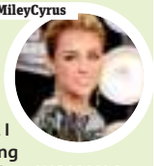
Celebrity tweets

@MissKellyO

"The single biggest problem in communication is the illusion that it has taken place."



@MileyCyrus

I don't wanna be shaped like a girl I LOVE being shaped like a WOMAN & trust me ladies your man wont mind either ;)

@RedHourBen

Just realized I have not tweeted for while. Hello.

@joelmchale

Was wrestling my 6 yr old yesterday. He elbowed me in the teeth so hard that I spat out bits of my newly chipped front tooth.

Third time's the charm for Brit?

Rumour has it Britney's beau is shopping for an engagement ring Don't expect anything too bling — source says ring is 'classy and under four carats'

ALL PHOTOS GETTY IMAGES

Britney Spears may be gearing up to tie the knot for the third time, as her boyfriend, Jason Trawick, is reportedly close to finding the perfect engagement ring for the singer, according to Radar Online.

"He has been everywhere from Tiffany to Harry Winston looking for a ring and he is close to making his final decision," a source says.

"Don't expect anything too massive or obnoxious. This ring will be classy and under four carats."

And a wedding for the two is reportedly just a matter of when, not if, according to another source.

"Britney and Jason discuss marriage all the time. Britney is truly in love with Jason, and well, Jason has loved her for a very, very long time."
SOURCE

"Britney and Jason discuss marriage all the time. Britney is truly in love with Jason, and well, Jason has loved her for a very, very long time."
METRO

▶ Britney Spears and Jason Trawick

Birthday girls heart unicorns

Miley Cyrus celebrated her 19th birthday in style with a lavish private party at the nightclub Beacher's Madhouse inside the Roosevelt Hotel in Hollywood, according to Us Weekly.

"Her mom, Tish, went and so did her boyfriend, Liam [Hemsworth]," a source says of the party, which was put together by pal Kelly Osbourne.

"The group was up until 3 a.m. just dancing up a storm and having fun."

Cyrus definitely seemed pleased, calling the event "the best party ever" on Twitter.

"Let's just say there was a unicorn in the lobby," she tweeted.

And according to E! News, there was in fact a horse with a horn attached to its head inside the party.
METRO

▶ Miley Cyrus

Muppets are not the way to get girls: Segel

A love of puppets has brought the Muppets star and co-writer Jason Segel plenty of success, but it's also gotten in the way of his love life over the years, he admits.

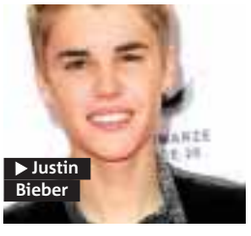
"My house is packed with puppets. Like, everywhere," Segel tells People magazine.

"Thank God I have a slightly bigger house now, so I have one room that's sort of dedicated to puppets. But for a long time I lived in a one-bedroom apartment that was just crammed with puppets. It's why I'm still single."
METRO

Jason Segel

Yeater's camp still 'Beliebers'

It looked like Justin Bieber's paternity suit drama was over, but now lawyers for Mariah Yeater say the young mother is ready to compare her 4-month-old son's DNA with Bieber's, Jeffrey Leving, Yeater's attorney, tells TMZ. And Leving and his team already seem to be planting the seeds for a defence if the results don't come back in their favour, as Leving notes that no one from their team was present when Bieber took his DNA test last week, so they can't say it was done properly or is valid.
METRO



▶ Justin Bieber

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Great eats on Grey Cup day

Game day is all about food, friends and football • Try some tasty variations on nachos • These Grey Cup recipes can be prepared ahead of time so you can enjoy the game

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

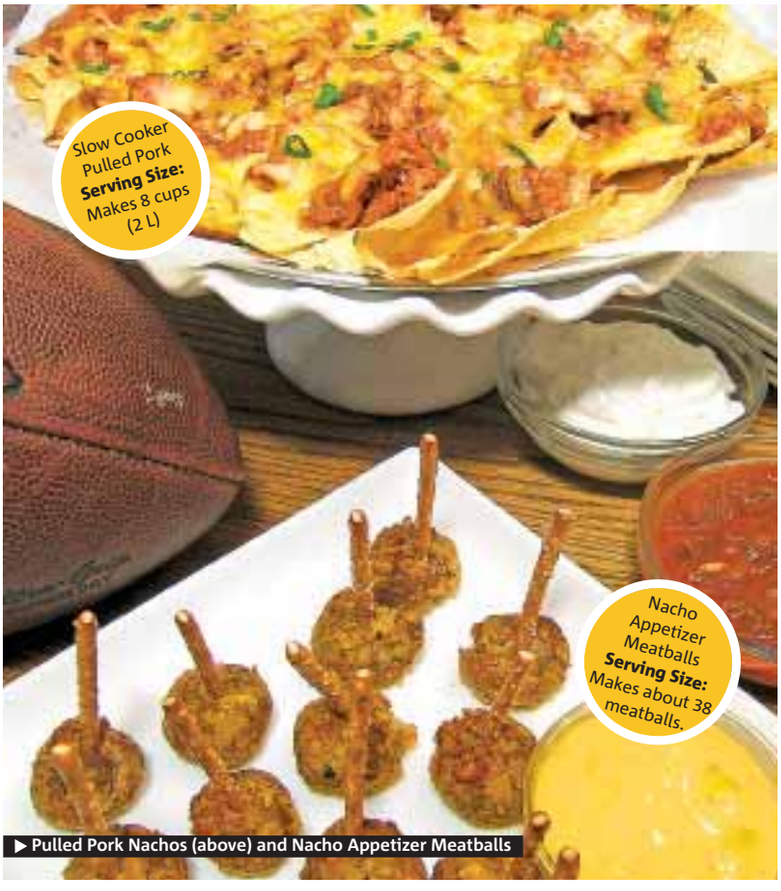
It's game time! Pull out your tortilla chips for these Grey Cup recipes. When watching the game this Sunday and rooting for either the B.C. Lions or Winnipeg Blue Bombers, enjoy some delicious food that can be made ahead of time and enjoyed with family and friends during the game.

Slow Cooker Pulled Pork Preparation:

This pulled pork is perfect for a crowd and can be enjoyed on buns as sandwiches or spooned over fries, then sprinkled with cheese and baked for pulled pork poutine. My new game favourite is enjoying pulled pork nachos (see my tip below).

1. In slow cooker, whisk together passata, onion, sugar, Worcestershire sauce and garlic; set aside.
2. In small bowl, combine oil, chilli powder, dry mustard, salt and pepper. Rub all over pork roast to coat..
3. Heat large non-stick skillet over medium-high heat and brown pork roast on all sides. Place in slow cooker. Turn slow cooker on low for 8 to 10 hours or on high for 4 to 6 hours or until pork is fork tender. Remove roast from slow cooker and using 2 forks, shred meat and remove fat. Return pork to slow cooker and stir to coat with sauce.
4. Tip: To make pulled pork nachos, spread about half of a 300 g bag of large tortilla chips over a small baking sheet and spread 2 cups (500 g) of pulled pork over top. Sprinkle with 2 cups (500 mL) shredded marble cheese and bake in 425 F (220 C) oven for about 10 minutes. Sprinkle with 1 chopped green onion.

EMILY RICHARDS



▶ Pulled Pork Nachos (above) and Nacho Appetizer Meatballs

Slow Cooker Pulled Pork Ingredients:

- 1 jar (680 mL) tomato passata (strained tomatoes)
- 1 onion, grated
- 1/3 cup (80 mL) packed brown sugar
- 2 tbsp (30 mL) Worcestershire sauce
- 2 cloves garlic, minced
- 1 tbsp (15 mL) canola oil
- 2 tbsp (30 mL) chilli powder
- 1 tbsp (15 mL) dry mustard
- 1/4 tsp (1 mL) each salt and pepper
- 1 pork shoulder roast, about 3 lb/1.5 kg

Nacho Appetizer Meatballs Ingredients:

- 1 small onion, peeled and grated
- 1 egg
- 1/3 cup (75 mL) medium salsa
- 1 tsp (5 mL) Worcestershire sauce
- Pinch freshly ground black pepper
- 2 cups (500 mL) bite-size tortilla chips, crushed to make 1 cup (250 mL)
- 1 lb (454 g) extra lean ground chicken, beef or veal
- Pretzel sticks
- Salsa, sour cream or nacho cheese sauce

Nacho Appetizer Meatballs Preparation:

These bite-size meatballs taste just like nachos. You can keep them warm in a slow cooker on low or simply heat them up when you need them. Serve with more salsa, sour cream or nacho cheese sauce.

1. In a large bowl, stir together onion, egg, salsa, Worcestershire sauce and pepper. Stir in crushed tortilla chips and let stand for 10 minutes to soften. Mix in beef until well combined.
2. Using tablespoon (15 mL) measuring spoon or mini ice cream scoop, roll mixture into balls and place onto foil-lined baking sheet. Place baking sheet about 6 inches (15 cm) under broiler on high and broil for about 10 minutes, turning pan if necessary to cook evenly until golden and no longer pink inside.
3. Pierce pretzel stick in each meatball to serve. Serve with salsa, sour cream or nacho cheese sauce if desired.

Liquid Assets

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

I don't come to football naturally. I'm much more of a baseball kind of guy. But thanks to my in-laws' passion for the game I've learned to appreciate the art that goes into throwing the old pigskin around and now celebrate the Grey Cup like it has religious significance.

While many of you will be toasting this year's face-off with a beer, I prefer a glass of vino or two.

Taking a cue from each team's colours (and knowing that cheesy nachos and a slice of take-out pizza will be on the menu), I went searching for a couple of similarly dressed Canadian liquids.

Unfortunately, finding a pair of home and native wines that met the criteria and are carried across the country is impossible so I've gone international.

To represent the Bombers my pick is the Schmitt Söhne 2010 Relax Riesling ($11.95 - $14.29), a fast food-friendly German white with a sweet, soft apple personality and groovy, cobalt blue bottle.

To support the Lions, the orange labelled Barefoot Cellars Shiraz ($9.99 - $10.99), which offers up soft, lightly spiced jammy berry fruit, works well with eclectic cuisine.

PETER ROCKWELL IS THE EVERYMAN'S WINE WRITER, WORKING IN THE LIQUOR INDUSTRY FOR MORE THAN 25 YEARS AND TRAVELLING THE GLOBE LOOKING FOR SOMETHING TO FILL HIS GLASS AND PUT INTO WORDS.

3 life

Not into football?

Those of you who aren't settling in for an evening of gridiron gratification on Sunday — there's the Grey Cup, plus NFL games to watch, of course — still have options in the form of several standout comedies.

MovieTime has the Will Ferrell laugher Anchorman: The Legend of Ron Burgundy, IFC is airing 2001's cult favourite Wet Hot American Summer, and Bravo has the film that turned Canadian Seth Rogen into a star: 2007's Knocked Up.

THE CANADIAN PRESS

Study calls sodium intake guidelines into question after surprising find

Sweeten up with cherry fudge

For the ultimate in seasonal decadence, treat the taste buds to this deliciously rich, chocolately dessert

NEWS CANADA

Looking for a fun idea for the office potluck this holiday season? Try a hand at making fudge this year. With a few simple ingredients you can create a rich and chocolatey treat.

Preparation:

1. Butter 9-inch (2 L) square baking pan; set aside.
2. In 3-quart (2.8 L) saucepan over medium-high heat, stir sugar, milk and butter until butter melts and mixture comes to a full boil. Continue to cook 5 minutes, stirring constantly.
3. Remove from heat; gradually mix in chocolate chips until melted, then stir in marshmallow crème until melted and thoroughly blended. Mix in vanilla, slivered almonds and cherries to distribute evenly.
4. With a rubber spatula, scrape into buttered pan and smooth the top. Decorate with whole almonds, spacing apart and pressing in lightly, so that fudge can be cut into squares between almonds. Allow to set in cool place for 2 to 3 hours.
5. Cut fudge into squares; arrange and cover with plastic wrap in gift packages, or place on serving dish. To store, wrap and refrigerate up to 1 week. Bring to room temperature before serving.

Ingredients:

- 2 cups (500 mL) granulated sugar
- 1 can (150 g) evaporated milk
- 1/2 cup (125 mL) butter
- 1 pkg (360 g) semisweet chocolate chips
- 1 jar (210 g) marshmallow crème
- 1 tsp (5 mL) vanilla
- 1 cup (250 mL) slivered almonds, toasted
- 3/4 cup (175 mL) dried Bing cherries, chopped
- 2/3 cup (150 mL) whole blanched almonds toasted, for garnish (optional)

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/ ONTARIO EGG FARMERS

▶ Almonds and cherries mixed in fudge ... yummy!

Drink of the week

Orange and cherry

- 1.5 oz orange-flavoured vodka
- maraschino cherry
- orange slice
- sparkling water

In a mixing glass filled with ice cubes, chill orange-flavoured vodka. Then pour into a cone-shaped glass. Add maraschino cherry.

Place orange slice in the top of the glass in order to seal in the vodka.

To serve, pour cold sparkling water over the orange slice.

Serve the cocktail with a straw and ask your guest to push on the orange slice to mix the drink.

Makes 1 serving.

SOURCE: SOCIETEPERRIER.COM/ ADAPTED BY EMILY RICHARDS

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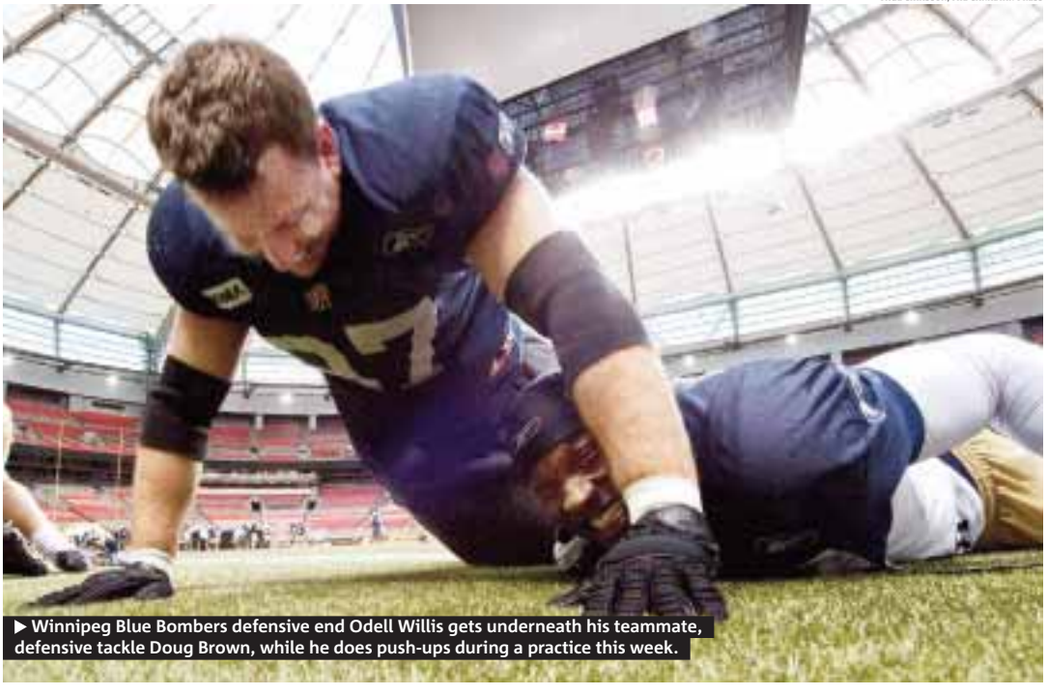
Swaggerville lives on

Blue Bombers defence puts nickname on the back burner, but keeps confident attitude

PAUL CHIASSON/THE CANADIAN PRESS



▶ Winnipeg Blue Bombers defensive end Odell Willis gets underneath his teammate, defensive tackle Doug Brown, while he does push-ups during a practice this week.

The nickname Swaggerville has not been heard much in the leadup to the Grey Cup game.

But the Winnipeg Blue Bombers' defence that adopted the name as a sign of their skill and determination to stuff every offence in the CFL says Swaggerville is alive and well inside their locker-room, even if they don't shout it out to the world any more.

"Oh yeah, it still lives, it's just something we don't talk about publicly any more," cornerback Jovon Johnson said Thursday. "We just let our play speak for itself."

Any hope the underdog Bombers have of upsetting the B.C. Lions in the Grey Cup game at BC Place on Sunday will likely rest on the defence's ability to stop Lions quarterback Travis Lulay and star receivers Geroy Simon and Arland Bruce.

Winnipeg certainly had the defensive numbers to crow about this season, leading the league in 12 categories, including 55 sacks and 25 interceptions.

When the team that went 4-14 in 2010 started this season 7-1, the name Swaggerville was on everyone's lips as a rallying call. But it faded away as the Bombers went 3-7 down the stretch.

Johnson said the nickname actually dates to 2009, but didn't become public until the team emerged as a winner. Then it was put on Mute.

"It became somewhat of a distraction," said Johnson. "It was all fun when it started.

"But after a while, with all the attention to it, all the other teams took notice and they got mad and it was just giving everybody extra motivation to play against us."

Among other bests, the Bombers allowed their opponents the lowest average yards of offence per game at 301.1, the fewest yards per pass at 7.1, the fewest passing yards per game at 223.1 and lowest percentage of pass completions at 56.7 per cent.

Winnpeg's defence starts with the line, where six-foot-eight Doug Brown crowds the middle so that rush ends Odell Willis and Kenny Mainor can chase down quarterbacks. Willis tied with Hamilton's Justin Hickman for the CFL sacks lead with 13 while Mainor had eight.

"They get pressure on the quarterback and that allows us to do what we do on the back end," added Johnson. "It's hand in hand. We help them get sacks and they help us get picks. We've got the perfect blend of defence."

Sharing the spotlight is the secondary, with Johnson, Jonathan Hefney, Alex Suber and Deon Beasley along with safety Ian Logan. They form the league's most respected unit.

THE CANADIAN PRESS

Sibling rivals

The Grey Cup game will be a family affair for brothers Henoc and Cauchy Muamba.

▶ Henoc Muamba, 22, is a rookie linebacker and special-teams performer with the Winnipeg Blue Bombers while Cauchy Muamba, 24, is a second-year safety and special-teams player with the B.C. Lions.

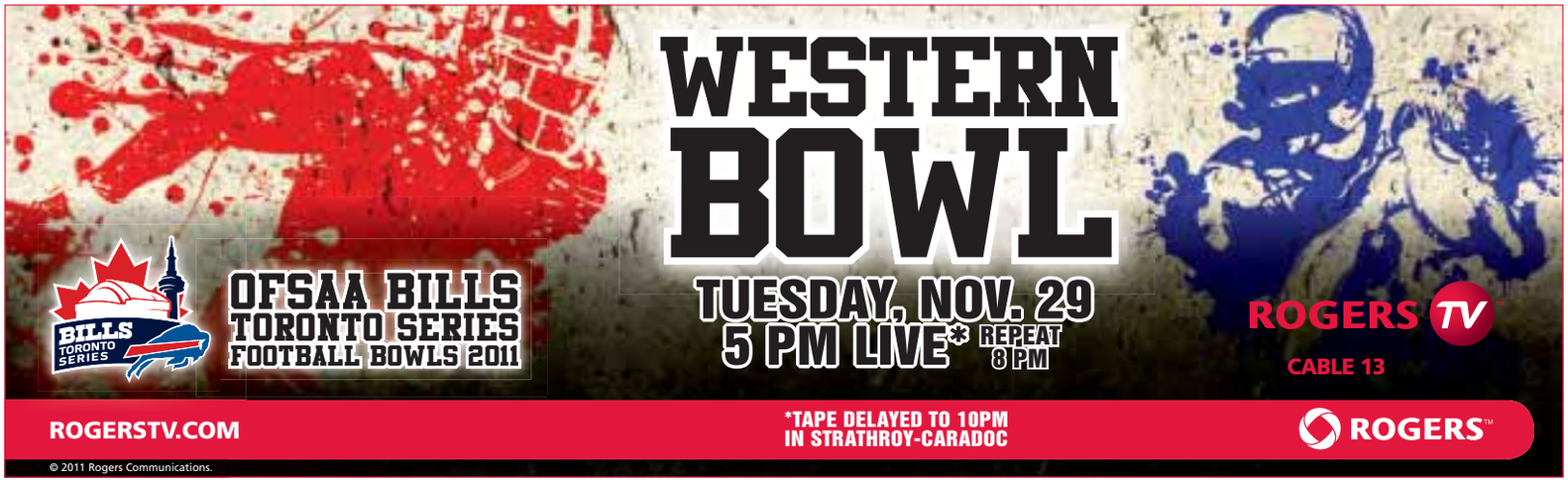
4 sports

Leafs preview

Leafs at Stars, 8:30 p.m., Friday
TV: SNET

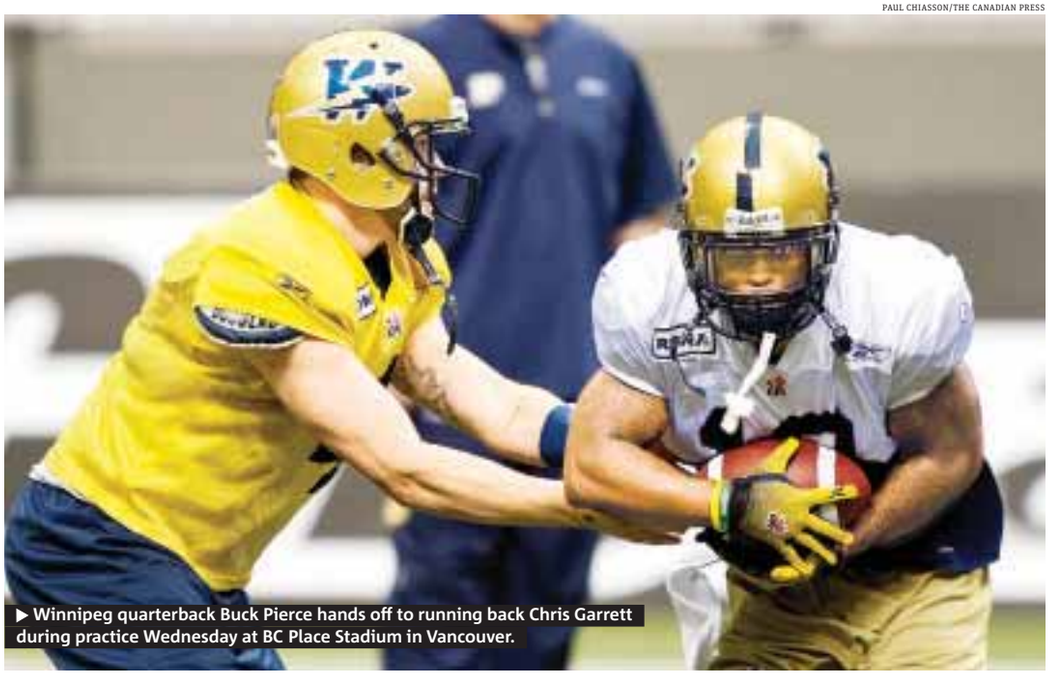
Jamie Benn added another two timely points for Dallas (13-8-0) in a 3-2 overtime win against Los Angeles on Wednesday. Benn's third-period goal and assist brought his season total to 21. The win was the Stars' second in a row after five-game losing streak as they look to climb back atop the Western Conference.

THE CANADIAN PRESS



Sifting through Grey Cup grey areas

PAUL CHIASSON/THE CANADIAN PRESS



▶ Winnipeg quarterback Buck Pierce hands off to running back Chris Garrett during practice Wednesday at BC Place Stadium in Vancouver.

PAUL CHIASSON/THE CANADIAN PRESS

▶ B.C. quarterback Travis Lulay hands off to running back Andrew Harris during practice Wednesday.

CFL EXTRA POINTS

DAN TOTH
SPORTS@METRONEWS.CA

Winning one-on-one battles and performing your best despite game-day jitters on the CFL's biggest stage separates champs from chumps. Here's a look at four areas that should decide Sunday's 99th Grey Cup game in Vancouver.

1 Quarterbacks

Lions will win if: QB Travis Lulay, the man who should be named CFL Most Outstanding Player this season, maintains his composure and doesn't get caught up in the hoopla that will surround him on home turf in his first Grey Cup appearance.

The Bombers win if: Gritty QB Buck Pierce carries the Bombers on his back as he's done so many times this season, completing remarkable passes, scrambling to avoid the oncoming pass rush and running with the ball when nothing else will work. Revenge would also be sweet for the man dumped by B.C. two years ago.

2 Receivers

The Lions will win if: Leos legend Geroy Simon and first-year Lion Arland Bruce, possibly the CFL's most dangerous receiving tandem, find open room in the Bombers secondary as double teaming both is nearly impossible. They combined for 10 catches and a TD in the West final.

The Bombers will win if: The Bombers have never replaced Milt Stegall, but the multiple threats provided by Clarence Denmark, Terrence Edwards and Greg Carr, provide Buck Pierce with plenty of targets and any one could emerge as the game's star.

3 Running backs

The Lions will win if: RB Andrew Harris can provide them with a balanced attack by posting positive yards on first down and keeping Travis Lulay out of second-and-long situations. His success keeps the Bombers defence honest.

The Bombers will win if: Dynamic running back Chris Garrett can somehow produce a performance as sensational as the East final, one of the epic games in Blue Bombers history. If the passing game should fail, Garrett could still carry his team to victory as he did last Sunday, rushing for 190 yards in 29 carries.

4 Defence

The Lions will win if: Their tough defence can manhandle the Bombers offensive line, as they did in making Ricky Ray look very average in the West Final, and not give Pierce time to operate. That pass rush could make it a long day for the Bombers QB.

The Bombers will win if: The cocky and confident group that dubbed itself Swaggerville can stop the Lions run, create some second-and-long situations, and set the stage for the secondary to come up with some big turnovers.

THE PRO'S CORNER:
Tips on fitting the right skates

I would go a size to a size and a half smaller than shoe size

try the skates on with socks leave the skates unlaced and have the player stand up and tap the toe of the blade on the ground until they feel their toe on the toe cap, then have them stand straight up and lean forward you should be able to see a small space in the back of the skate, if you are able to fit 1 finger in then the skates are around one size too big more than one finger the skates are going to be way too big. If the player is young it is good to have a little bit of room (1 finger) as they are going to grow into that extra space, more than that and there will be too much movement in the boot when its tied up. Do not put tissue or cloth in the front of the boot in order for it to fit better.

Dwayne Blais, Total Package Hockey

How long should skates last?

Skates are the most important piece of equipment that you will purchase for you or your child. At the young ages there are a lot of good second hand skates that have great support, make sure their is good ankle support by squeezing both sides of the skate together, if both sides of the ankle area are easily squeezed together the skate has weak ankle support. Skates usually should last 1 to 1.5 seasons, when they start to break down, you'll notice the ankle area will become weak at this time you should be looking to purchase a new or used pair, , younger players may be able to get 2 seasons out of their skates.

To Contact Dwayne: (519) 453-8989
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JIM MONE/THE ASSOCIATED PRESS

▶ Nashville's Anders Lindback, left, chats with Minnesota's emergency backup goalie, 51-year-old Paul Deutsch, Wednesday night in St. Paul, Minn.

51-year-old 'keeper taken for a Wild ride

Rec league goalie called in by Minnesota club scrambling for backup

Paul Deutsch's pals in his recreational hockey league needed to find a replacement goalie Wednesday night. The 51-year-old embroidery shop owner was going to be suiting up for another team: the NHL's Minnesota Wild.

The Wild signed Deutsch to an amateur tryout contract to serve as an emergency backup to starter Josh Harding for Wednesday's game against the Nashville Predators.

"Pretty nervous and I just want to make sure I don't do anything stupid," Deutsch said. "Stay out of their way and do what I'm supposed to do ... and let the guys fire away."

Deutsch was signed after Niklas Backstrom was declared out for personal reasons. Matt Hackett was recalled from Houston, but his flight wasn't scheduled to land in the Twin Cities until about 6:30 p.m. and the Wild couldn't risk being short a goaltender.

Deutsch's shot at playing in an NHL game ended almost as quickly as it started, though. Hackett arrived at the arena just before the 7 p.m. game time and Deutsch was scratched. But he did participate in pregame warmups.

He watched from a suite with members of his daughter's under-14 girl's hockey team. Deutsch is a coach for the team and the suite was arranged long before Deutsch received a call from the Wild.

"Another goaltending controversy there, if he got in there, who knows," Wild coach Mike Yeo joked after the game.

The Wild won their fifth straight game and Deutsch likely felt much more comfortable watching from above than at ice-level.

"Told me I better be good tonight so he didn't have to go in," Harding said. "It was a lot of fun for him."

Deutsch last played in a competitive league in 1978 as a defenceman for Minneapolis Roosevelt High School.

He is a good friend of former Wild assistant coach Mike Ramsey and has been used as a fill-in goalie at Minnesota practices. THE ASSOCIATED PRESS

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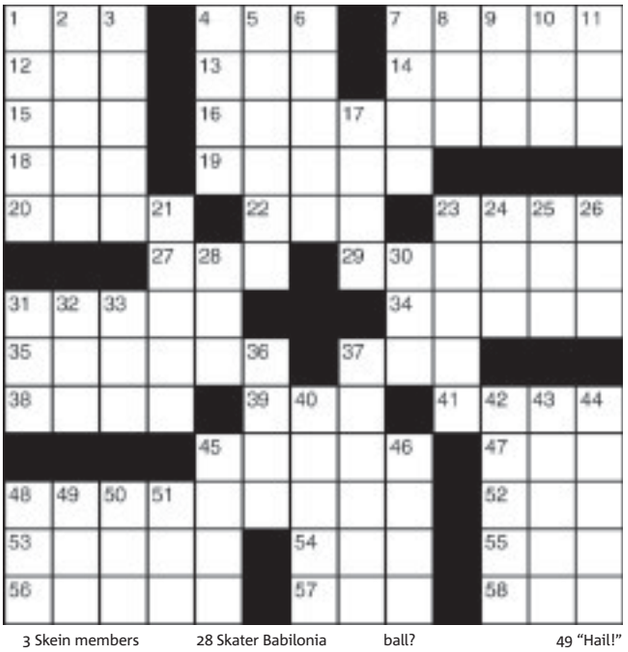
Crossword



Across
1 Witchy sort
4 Predicament
7 Earlier on the page
12 Brewery output
13 Oklahoma city
14 The Little Mermaid
15 3-Down's formation
16 Musical matchmaker
18 Chances, for short
19 Pisces' neighbour
20 At the home of (Fr.)
22 Kvetch
23 Used a loom
27 "Monty Python" intro
29 Drool
31 String instrument
34 Cheer up
35 Gum arabic source
37 Perched
38 Eve's third son
39 Teensy
41 Wild and crazy
45 Aesopian conclusion
47 Feathery neckpiece
48 "The Art of Happiness" author
52 Sindbad's bird
53 "Tinker to — to Chance"
54 Despondent
55 Blond shade
56 Surround
57 Tackle's teammate
58 Bumped into

Done
1 Destruction
2 Hebrew letter
3 Skein members
4 — Pinkett Smith
5 Decorates
6 Sasha's sister
7 Puts into words
8 Web address
9 Chart format
10 Gun the engine
11 Muhammad or Laila
17 Stamina, slangily
21 Nothing
23 Ballroom favourite
24 Eventual aves
25 Ex-G.I.
26 Preceding
28 Skater Babilonia
30 Meadow
31 Anatomical duct
32 Tavern supply
33 Feedbag morsel
36 MPs' quarry
37 Tar
40 Obliterate
42 James — Garfield
43 Sue Grafton's "N Is for —"
44 America's Cup contender
45 Atomizer spray
46 Actress Cheryl
48 Belle of the ball?
49 "Hail!"
50 "— Misérables"
51 Exist

▶ Yesterday's answer

Sudoku

		4	1	3		2		
		7						8
2			8			1	4	
	7	3		4	2			
			6	1		9	7	
	1	5			7			2
8						7		
		2		6	9	5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	8	6	2	4	1	3	5	9
1	5	3	7	9	8	2	4	6
2	4	9	6	3	5	8	1	7
9	7	4	5	1	3	6	8	2
5	3	1	8	2	6	9	7	4
6	2	8	9	7	4	5	3	1
8	1	2	3	6	7	4	9	5
4	9	5	1	8	2	7	6	3
3	6	7	4	5	9	1	2	8

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You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Jennifer Owens
Thank you for letting me be apart of you life and I hope we can spend the rest of our lifes together... I honestly believe we belong together from the bottom of my heart to yours... I miss you....
FROM JAMES WALKER

My Chinchilla
Baby you are my entire day. I cant wait until I see you and show you this kiss I have sent. I love when your eyes light up and that great sexy smile takes over. Love you forever xoxox
FROM XIGENERAL

Brooke
You are our cupcake!!! We love you! xoxoxoxo
FROM NANNY AND GRAMPY

Sheri
Thank you for the most amazing evening I have had in a long time... Cant wait to spend more time with you..
FROM BROTHERQ

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Get past the wishful thinking and make your dreams come true. All it takes is self-belief — and action.

♉ Taurus April 21-May 21 You don't need to stoop to underhand methods to realize your ambitions.

♊ Gemini May 22-June 21 Make sure you express yourself today. Let everyone know how you feel, be it good or bad.

♋ Cancer June 22-July 22 You don't have time for fun and games — you have serious issues to deal with and you know if you don't crack on with them now they may never get done.

♌ Leo July 23-Aug.23 By all means take a few risks today.

♍ Virgo Aug. 24- Sept. 22 Try not to let your emotions get the better of you today, especially on the home front where a loved one's actions may annoy you intensely.

♎ Libra Sept. 23-Oct. 23 Don't impose restrictions on yourself, and don't let other people tell you what you can and cannot do.

♏ Scorpio Oct. 24-Nov. 22 Money matters of one sort or another will be much on your mind today.

♐ Sagittarius Nov. 23-Dec. 21 You may be eager to start something new and that's great, but don't just throw yourself at it.

♑ Capricorn Dec. 22-Jan. 20 As today's eclipse falls in the most sensitive area of your chart you'll want to be on your own for a while.

♒ Aquarius Jan. 21-Feb. 18 You seem to be having second thoughts about an issue you once had no doubts about at all.

♓ Pisces Feb. 19-March 20. Whatever your age or your social position there is still time to make an impression on the world.

SALLY BROMPTON

DARRYL DYCK/THE CANADIAN PRESS

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AHN YOUNG-JOON/THE ASSOCIATED PRESS

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LOOK AGAIN SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

Los Angeles, California – It's breathtaking views inside and out with the 2011 AJAC Car of the Year. And while stopping for gas isn't on the Cruze's agenda, taking in the stellar scenery definitely is. Who doesn't love a great lookout point?

1. Removed telescope from left side of image 2. Removed rock left of the 2012 Chevrolet Cruze 3. Removed rearview mirror in the 2012 Chevrolet Cruze 4. Extended fence at the right of the image 5. Removed parking line in front of couple 6. Added telescope to right of image 7. Removed building behind fence 8. Jacket colour changed 9. Removed radio antenna on the 2012 Chevrolet Cruze 10. Added additional clouds into sky

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